

## Griddled Chicken Breasts with Tarragon and Chilli Butter, Courgettes, Roasted Vine Tomatoes, Spiced Potatoes and Saffron and Chive Sauce

I love this dish. It's simple, robust, bright and full of Mediterranean flavour and colour. The real secret of this dish is in the quality of the stock. You need a deeply flavoured, well reduced roast chicken stock to make a rich sauce which pulls together the many other flavours used in this dish. It's equally good if you substitute the chicken with a firm white fish such as Monkfish or Bass in which case simply toss the fish in flour, pan fry in butter to get a little colour and finish it off by roasting in the oven for ten minutes.

Serves 4

4 large free range chicken breasts  
1 ltr roast chicken stock  
1 generous pinch of saffron  
1 large or 3 small Shallots  
Handful of Chives  
100 grms of butter  
1 tbs chopped Tarragon  
1 Red Chilli, de-seeded and finely chopped  
1 tea spoon beurre manié  
2 Courgettes  
12 Tomatoes on the vine  
500 grms new potatoes  
4 Garlic cloves  
4 or 5 Rosemary sprigs  
1 tea spoon Paprika  
Maldon sea salt and black pepper  
Olive Oil



Pre-heat the oven to 200<sup>0</sup> C.

To make the tarragon butter, mix the chopped tarragon and chilli with the butter, season with salt and pepper and using cling film, roll the butter into a sausage shape. Chill in the fridge till required.

Peel the potatoes and slice them in half lengthways. Put them into a pan of well salted water, bring to the boil and simmer until just tender. Drain and place the potatoes into a roasting pan. Sprinkle generously with olive oil. Crush the unpeeled garlic and toss into the pan along with the rosemary sprigs. Sprinkle with the paprika, some sea salt and black pepper. Roast in the oven for about 30 minutes or until the potatoes begin to crisp up a little.

Start to make the sauce. Reduce the chicken stock until you have about 300 mls and put to one side. Finely dice the shallots. Melt a little butter in a pan and add the shallots. Cook until softened but do not allow to colour. Add the stock and saffron, simmer and reduce slightly until about 250 mls remain. Remove from the heat and set aside.

After the potatoes have had about half their cooking time, heat up a ridged griddle pan and lightly oil. Season the chicken breasts with salt and pepper and place on the griddle pan presentation side down. Griddle until well coloured then turn over to finish the cooking, about 15 minutes in total. Place in the oven to keep warm.

Slice the courgettes diagonally, about the thickness of a pound coin. Place the slices in the griddle pan and cook until softened and well coloured, turning once.

Divide the tomatoes into 4 groups of three, with each group still joined by the vine. Melt a little butter in an oven proof pan and gently fry the tomatoes. Once they begin to soften, put the pan in the oven for 3 or 4 minutes to finish the cooking.

To finish the sauce, bring it back to the simmer and whisk in the beurre manié a little at a time until it thickens slightly and takes on a glossy sheen. Stir in the chopped chives. Taste and season if required.

To serve, arrange the potatoes on top of the courgettes to form a mound in the middle of the plate. Top with a chicken breast and place a slice of the tarragon butter on top of the chicken. Place the tomatoes on one side and spoon the sauce over the chicken and around the plate. Garnish with a few whole chives lying over the chicken.