

Chicken Breast with Lentils & Orange/Mustard Cream Sauce

Ingredients:

Chicken Breast, no fat
Lentils
Bacon
Shallots
Orange Juice
Yellow Mustard
Heavy Cream
Beef Broth
Salt/Pepper
Italian Parsley

Preparation:

Lentils:

Soak the lentils in water overnight.

Sauté finely diced bacon and shallots in a stock pot until slightly brown.

Add beef broth and the lentils and cook until lentils are just getting soft and the liquid has evaporated, but don't overcook. The lentils should have a nice bacon/beefy flavor.

Sauce:

Mix OJ, heavy cream and a couple of spoons of the mustard and boil in a small pot to reduce the liquid until it thickens.

Sometimes you might want to add one or the other of the liquids in order to get the right balance of sweet, creamy and mustardy.

A bit salt and pepper can do wonders.

The sauce should be thick and creamy when it's done.

Chicken:

Slightly brown the peppered/salted chicken breast in a little corn oil/cleared butter mixture.

Presentation:

Arrange a chicken breast with the (lukewarm) lentils by its side and spoon the sauce over the half of the chicken, not the lentils. Garnish the lentils with a sprig of parsley.