



Roy's

## SOUS VIDE BREAST OF CHICKEN WITH MAUI ONION SOUBISE AND CREAM SAUCE

Chef Roy Yamaguchi

Serves 1

### Chicken

Chicken breast about 6 oz.

Place the chicken breast in a Glad bag with about three basil leaves and a spoonful of unsalted butter.

Using a thermometer bring a pot of water to 61.5 degree Celsius and place the bag into the pot.

Place a towel over the bag so the bag is completely submerged in water.

Leave the chicken to cook for about an hour and a half. Remove the chicken from the pot and chill it in an ice bath immediately and reserve.

### Maui Onion Soubise

Slice one medium size Maui Onion and place it into a sauce pot with a couple of tablespoons of unsalted butter. Cook the onions over medium heat for about ten minutes stirring constantly to prevent browning. Remove onto a cutting board and course chop. Reserve.



### Sauce

Over low to medium heat, reduce a quart of water with 2 whole chicken carcasses chopped and 10 pieces of button mushroom. It'll take about 30 minutes.

When the liquid has reduced down to about one cup, add a pint of heavy cream. Bring the cream to a boil and strain the cream thru a fine sieve into a smaller sauce pot. Reduce slowly till it napes the bottom of a spoon. Season with salt and pepper.

### To plate

Heat your soubise and sauce. Remove the chicken breast from the bag. Season with salt and pepper. Pour about two tablespoons of cooking oil into a sauté pan that's over medium heat.

Place the chicken, skin side down and slowly brown the skin for about 2 minutes. Turn over and cook for another 2 minutes.

Slice the breast length-wise into 4 strips.

Place onions on the bottom of the plate. Pour the sauce around and then place the chicken on top.

Sprinkle a teaspoon of minced chives on top.