

My Old Man's Superb Chicken

Serves: 4

Jamie Oliver: Happy Days with the Naked Chef

Pp: 184-185

6 oz mushrooms, and combination
Olive oil
1 or 2 cloves of garlic, peeled and finely chopped
salt and freshly ground black pepper
1 handful of fresh flat-leaf parsley chopped
4-7oz skinless boneless chicken breasts
1 1-lb 2oz package of puff pastry
1 egg beaten
2 heaping tablespoons whole-grain mustard
1 large wineglass of white wine
½ cup plus 2 tablespoon heavy cream



Photograph Jamie Oliver

1. Preheat the oven to 400 F.
2. Chop up the mushrooms –half rough and half fine.
3. To a hot pan, add a couple of glugs of olive oil and slowly fry the garlic with the mushrooms for about 10 minutes. Season to taste and stir in the chopped, parsley. Allow to cool.
4. Pull back the chicken fillet on the breast and, keeping it intact, score into the breast and stuff the chicken with the cooled mushrooms.
5. Using a little dusting of flour and a rolling pin, roll the pastry out to around 18 inches in length, 8 inches wide and just over ¼ inch thick. Slice into 4 pieces lengthways, and wrap around each chicken breast (HdeH: in spirals).
6. Brush the pasty with a little egg, and cook in the preheated oven for 35 minutes.
7. While the chicken is cooking, put the mustard and white wine into a hot pan and allow to reduce until you've cooked away the alcohol smell. Add the cream and simmer until the sauce coats the back of a spoon, and then remove from the heat and season to taste.
8. Slice each chicken breast into 3 and serve with a bit of sauce and a little drizzle of olive oil if you like.