



Tarragon Chicken With Lemon



SERVES: 4

PREP TIME: 45 MINUTES

COOK TIME: 4 HOURS

Ingredients

- 4 boneless, skinless chicken breasts
- 1 lemon, zest and juice
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- Salt and pepper to taste

Tarragon Sauce

- 3 tablespoons fresh tarragon, roughly chopped
- 3 tablespoons scallions, sliced
- 1 tablespoon Dijon mustard
- ¾ cup (180ml) crème fraiche
- ½ cup (120ml) mayonnaise
- 2 tablespoons lemon juice
- Salt and pepper to taste

Preparation

1. Fill your sous vide water bath with water and preheat to 140°F (60°C).
2. Season the chicken breasts with salt and pepper. Divide into two, 1 gallon (3.80 liter) vacuum pouches, adding half the lemon juice and zest to each bag. Add a tablespoon of butter to each pouch before removing as much air as possible with your hands and vacuum sealing.
3. Submerge both pouches completely in the water bath and cook for 4 hours.
4. Once cooked, remove the chicken from the vacuum pouches and pat dry with a paper towel. Add olive oil to a medium skillet and sear the chicken over a medium heat for 30 seconds on each side.
5. For the sauce, mix together the tarragon, scallions, Dijon mustard, crème fraiche, mayonnaise and lemon juice. Add salt and pepper to taste.
6. To serve, slice the chicken and place onto a large serving platter. Drizzle the sauce over the chicken and serve with fettuccine pasta, garnishing with lemon slices and a fresh sprig of tarragon.