

Grilled Chicken, honey and Soya Sauce

For 6 people

- 6 free range chicken breasts
 - 8 leeks (preferably white)
 - 30cl of Olive oil
 - 2 Garlic cloves
 - 10cl of Accacia honey
 - 5cl of Soya Sauce
- 25gr of golden Sesame seeds



1 - Mix the Soya Sauce and honey together and pour onto the chicken breasts. Leave them to marinate for 1 hour.

2 - In the meantime, chop off the green half of the leeks to only keep the white part. Wash them under cold water and cook in salted boiling water for 8-10 minutes. Leave them to drain.

3 - After 1 hour, remove the chicken breasts from the marinade and put the leftover marinade in a small saucepan. Peel the garlic, slice thinly and add to the saucepan with the marinade and cook on a low heat for 3-4 minutes. Let it cool down and with a whisk add in 15cl of olive oil and keep mixing like a mayonnaise. If the sauce becomes too thick add 1-2 serving spoons of water.

4 - Quickly fry the sesame seeds in 10cl of olive oil without colouring them, just to make them crispy. All these preparations can be done in advance so all you have to do now is cook.

5 - Coat the chicken breasts and leeks in olive oil and start cooking under the grill or on the barbeque. Start with the leeks that you need to grill at high heat so they turn completely black. Then grill the chicken breasts. While these are cooking, remove the first layer of the leeks and slice lengthways and put on the plates with a bit of coarse sea salt.

6 - Once the chicken is grilled and still juicy inside, serve with the leeks. Put the marinade and sesame seeds over each chicken breast.

Servir La Vieille Ferme à 16/17°C dans de grand verre à Vin. L'idée forte de cette suggestion est, avant tout, de vous apporter du Plaisir !

La Vieille Ferme

Red

Modern and authentic, La Vieille Ferme is a wine to share with friends! A convivial cuisine with chicken, garlic and olive oil gives this Mediterranean match a southern touch. The intensity and the fruit in this wine give the food match a flavoursome cuisine.



FAMILLE PERRIN

