

ABRAXAS

Chicken à la Banana

What is needed is a coated wok.
Preparation time: under 10 minutes

Ingredients (per Person)

- 200 grams of chicken breast
- 1 tea spoon chilli
- ½ cup chicken stock
- 1 big spoon honey
- 3 cloves of garlic (finely chopped)
- ½ banana (cut into cubes)
- 3 tablespoons cream
- Salt
- Light soy sauce
- Corn oil
- 5 cl Brandy

Preparation

Free the meat from fat and cut into cubes put it in a marinade of oil and soy sauce for 12 hours
Briefly fry the meat on all sides with a little oil, add garlic and fry at a reduced heat.
Pour the chicken stock, add honey and chilli, and reduce over high heat.
Add cream and bananas; allow thickening at low heat.
Salt to taste.
Boil briefly, add brandy and immediately cover with lid.
Allow to rest for 2 minutes (covered).
Stir and serve immediately.
A crispy lettuce and fresh potatoes are the perfect side dishes.

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La Gomera à la carte