

Canadian Chicken Tournedos with Creamy Sherry Sauce

Adapted from Rachael Ray (her original recipe)



CHICKEN:

8 boneless skinless chicken thighs

Salt and pepper

1 tablespoon Dijon mustard

4 slices bacon, very meaty

Kitchen string

Olive oil cooking spray

SAUCE:

3 tablespoons butter

2 large shallots, finely chopped

1/2 cup dry sherry, or white wine

2 tablespoons hot English mustard, or grainy Dijon mustard

3 tablespoons maple syrup, or smoked maple syrup

Splash of Worcestershire sauce, optional

1/4 cup heavy cream

2 tablespoons poppy seeds

Per Serving (excluding unknown items): 693 Calories; 44g Fat (56.8% calories from fat); 60g Protein; 15g Carbohydrate; 1g Dietary Fiber; 332mg Cholesterol; 992mg Sodium; 11g Total Sugars; trace Vitamin D; 99mg Calcium; 1mg Iron; 196mg Potassium; 110mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat oven to 400°F, with rack in center.

2. Season the chicken on both sides with salt and pepper. Roll 4 pieces tightly into cigar-like logs, then drape the top of each cigar-shaped piece with the remaining pieces of boneless thighs and form a round shape like a firm bun. Wrap the side edges of each chicken "bun" with 1 slice of bacon. Secure the bacon to the chicken "bun" by snugly tying a piece of kitchen twine around the bacon. Arrange the chicken on a parchment-lined medium-sized baking sheet, then lightly spray or drizzle with olive oil, transfer to preheated oven and bake 30 minutes, to 165°F on an instant-read thermometer. A few minutes before the chicken is done, top with the glaze and return to the oven.

3. Heat a sauce pot or small skillet over medium heat, add butter and saute shallots seasoned with salt and pepper for 3 minutes or until lightly browned. Add sherry and reduce to 3 tablespoons, add mustard, maple syrup and a splash of Worcestershire sauce, then cream and swirl a minute or so. Pour some of the sauce over the chicken tournedos and baste to coat evenly. Return chicken to the oven to finish cooking and to set the glaze, just a couple of minutes.

4. To serve, remove string from the chicken. Top the glazed tournedos with poppy seeds and serve with remaining sauce on the side.