



## **Lime Blossom Chicken (4 portions)**

The flavour and perfume of lime blossom makes this a deliciously simple early summer dish; serve simply with new potatoes, broad beans and fresh peas.

4 free range or organic skinned chicken breasts  
Small handful of fresh lime blossoms; quickly wash and drain well  
500 ml almost boiling water  
75g Dairy House butter  
75g plain flour  
4 tbs single cream  
Seasoning

- Infuse the lime blossoms in the water, cover and allow to infuse for 20 minutes to make a tisane. Strain well and reserve the tisane
- Place the chicken breasts into a shallow pan and cover with the lime blossom tisane. Bring gently to a simmer and poach for 15 – 20 minutes until just cooked.
- Reserve the poaching liquor. Cover and keep the chicken breasts in a warm oven.
- Melt the butter in a saucepan; slowly add the flour stirring all the time to make a roux. Slowly add sufficient poaching liquor, stirring all the time until the sauce coats the back of a spoon. Reduce the heat and add the single cream. Finally season with milled pepper and a little salt if required.
- Pour the sauce over the chicken breasts and garnish with a few lime blossoms before service.