

## **Southern Roo Chardonnay Viognier**

### **Almond Chicken with Orange Scented Corn Sauce (serves four as main course)**

#### Ingredients

4 skinless, boneless chicken breasts  
1 1/3 cups (320ml) sliced almonds, lightly toasted  
1/4 cup (60ml) all-purpose flour  
1 egg  
1 tablespoon (15ml) soya oil  
1 teaspoon (5ml) lemon juice  
5 ears corn, kernels removed  
1/2 tablespoon (7.5ml) butter  
1/4 teaspoon (1ml) (vanilla extract  
1/4 teaspoon (1ml) orange zest  
Juice of half an orange

#### Directions:

1. Remove corn kernels from husk with a sharp knife
2. Place corn kernels in pot and cover with water
3. Bring to a boil, and then reduce heat to minimum
4. Simmer for an hour
5. Strain corn mixture through fine sieve which should yield about 3/4 cup of broth) and reserve 3/4 cup of kernels
6. In a blender add combine broth, 3/4 cup of kernels, butter, vanilla extract, orange zest and orange juice
7. Blend until smooth
8. In mixing bowl beat egg with 2 teaspoons water
9. Season chicken breasts with salt and pepper
10. Dredge chicken breast in flour and pat off any excess
11. Dip chicken in egg mixture and then press into toasted almonds
12. Place large sauce pan over medium heat, add 1 tablespoon of soya or other lightly flavoured oil
13. Sear chicken breasts on both sides
14. Transfer in oven preheat to 425 degrees Fahrenheit and cook for approximately 12-15 minutes
15. Place corn sauce in sauce pan over medium heat
16. To serve place almond chicken on plate and drizzle with corn sauce. Serve with snow peas and roast baby potatoes.