

Lovely
by Lauren Hairston

COLNE CHICKEN

1 large boneless butterflied chicken breast, cut into two pieces (or 2 chicken escalopes)
½ lemon, juice and zest
½ tablespoon chopped sage
1 tablespoon chopped parsley
1 tablespoon chopped thyme
2 rashers bacon
1 tablespoon lard

Brush each portion of chicken with lemon juice and season with salt and pepper. Stir together lemon zest and herbs then spread over one side of each chicken piece. Wrap with a rasher of bacon.

Melt the lard over medium-high heat in a large skillet. When very hot, add the chicken, herb side up, and cook for three to four minutes before turning over and cooking the other side for another three to four minutes. Remove to a warmed plate.

Serves 2

Adapted from Favourite Essex Recipes.

Note:

If you can only find the standard filets, simply prep them yourself by dividing the chicken breast lengthwise. Aim for ¼-pound serving of chicken per person.

<http://laurenhairston.com/colne-chicken>