

CHEF SARA RHODES

## Chicken Wellington W/ Red Pepper Sauce

4 chicken breasts about 4 oz. each  
6 oz. cremini mushrooms, finely chopped  
½ cup red pepper, finely chopped  
2 Tbsp. shallots, minced  
4 cloves garlic, minced  
6 oz. Asiago cheese, shredded  
2 Tbsp. fresh oregano, chopped  
½ cup white wine  
1 sheet puff pastry  
1 egg for egg wash



Trim and slightly pound the chicken breasts. Season with salt and pepper. Heat olive oil in a sauté pan to medium high heat. Add chicken breasts and sear about 2 minutes per side. Remove to a plate and cool.

In the same sauté pan, add red pepper and sauté for about 3 minutes. Add the shallots and garlic and sauté about 1 minute more. Add the mushrooms and oregano and sauté about 3 minutes. Add wine and cook until wine evaporates. Remove from pan and cool on a plate.

Roll out the puff pastry and cut into four squares. Place about 1 ½ oz. of Asiago cheese in the middle of the pastry. Top with ¼ of the mushroom mixture. Place the chicken breast on top of the mushroom mixture. Beat the egg with a small amount of water. Brush the egg wash around the edges of the pastry and fold up to form little packages. Lightly spray a baking sheet and place wellingtons on the sheet. Egg wash the entire wellington. Bake in a preheated 400 degree oven for about 18 to 20 minutes or until pastry is gold brown.

### RED PEPPER SAUCE

12 oz. roasted red peppers, drained and chopped  
2 shallots, minced  
1/3 cup white wine  
¾ cup chicken stock  
¼ cup heavy cream  
2 Tbsp. fresh oregano, chopped  
1 Tbsp. butter

Heat olive oil in a sauté pan to medium heat. Add the peppers and shallots and sauté about 4 minutes. Add the white wine and cook until dry. Add the stock and cook another 5 minutes. Cool slightly and puree in a blender. Return to pan. Add the cream, oregano and butter. Heat thru and season with salt and pepper.