Spaghetti with sous vide chicken

fusion Chef ™
by **Julabo**

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Ingredients

For 6 servings

Chicken (sous vide):
4 chicken breasts
1 teaspoon garlic powder
1 teaspoon ginger powder
Pepper

Finishing ingredients:
1 pound whole wheat spaghetti, or pasta of your choice

Walnut sauce:
1 cup walnuts
1 slice bread, crusts removed
1?3 cup whole milk
2 tablespoons heavy cream
2 cloves garlic, coarsely chopped
3 tablespoons olive oil
Salt and pepper

Garnish:
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh basil
2 tablespoons chopped walnuts
Parmesan cheese

Preparation

Chicken (sous vide), pre-bath:
Mix the spices together in a bowl. Sprinkle with the spice mixture over the chicken and seal in a sous vide pouch
At this point you can store the pouch in the refrigerator for up to 2 days, freeze it for up to 6 months, or cook it right away.

Chicken (sous vide), cooking:
Preheat the *fusionchef* sous vide water bath to 60.5 °C. Place the sous vide pouches in the water bath and cook for 2 to 4 hours. You can move directly on to "Finishing" at this time or you can finish at a later time by cooling the chicken down and storing it as follows.

Remove the pouches and place in a 1?2 ice - 1?2 water bath until chilled. You can store the pouches in the refrigerator for around 2 days or freeze them for up to 6 months.

Finishing:
Heat a pan over medium-high heat. Bring a pot of salted water to a boil.
Add the spaghetti to the water and cook until tender.
Make the walnut sauce by putting all the ingredients into a blender or food processor and processing until it forms a smooth, thick sauce, adding more milk if it is too thick.
Remove the chicken from the water bath and pat dry. Sear in the pan until just browned, about 1 or 2 minutes per side. Remove from the heat and cut into 1?2" slices.
Place the cooked pasta into a bowl with the walnut sauce and mix well. Top with the fresh herbs, walnuts, and chicken. Grate some fresh parmesan cheese on it and serve.

This recipe was generously provided by Jason Logsdon.