

The Great NZ Food Show

Carl Houben – Wintec



The Whole Bird

Turks free range whole chicken, streaky bacon wrapped ballontine of chicken, dry rubbed and pan roasted chicken supreme, creamy polenta, jus roti and a fig, watercress and almond salad. Preparing and utilizing the whole chicken for a restaurant quality dish

Ingredients for chicken ballontine and supreme

Serves 6 – 8

1 Turks farms free range chicken, whole
200g Streaky bacon
2 Garlic cloves
5 Sprigs thymes chopped
50ml Olive oil
1 Lemon (zested and juice)
Seasoning

Method for chicken:

Debone chicken, keeping the supremes to marinate with the garlic, thyme, lemon and olive oil. Cover and chill until ready to cook.

Using the thigh fillets with skin removed, keep skin for later use, lay bacon on a couple of layers of glad wrap slightly overlapping each slice of bacon width ways, then place the butterflied thigh fillets along the first 2/3rds of the bacon, season the chicken.

Roll up nice and firm, vac-pack and sous vide at 75°C or steam in combi oven at 100°C (probe to reach 71-75°C). Once ballontine is cooked, place in a steamer tray with a normal gastro tray underneath and poke a couple of holes in the glad wrap to release the excess liquid in order to tighten the roll up (works a treat). Chill.

Once chilled cut into 6 even portions.

Creamy polenta

350ml Chicken stock
175ml Milk
100ml Cream
1 Medium studded onion
100g Coarse polenta
50g Powdered parmesan

Method for polenta:

In a pot bring to the boil the chicken stock, milk, cream and studded onion. Once infused and boiling, remove studded onion and rain in the polenta. Gently simmer, continuing to stir until polenta is cooked (not grainy). Mix in the parmesan and check seasoning once finished. Place onto a shallow

tray and cool quickly. Chill and cover till service.

To reheat use a little stock so it doesn't catch on the bottom, adjust seasoning and consistency.

Fig, watercress and almond salad

30g Dried figs (sliced thinly)

40g Slivered almonds (toasted perfectly)

5g Chives (chopped into 1cm batons)

100g Baby watercress

Dressing:

50g Sugar

20ml White wine vinegar

35ml Water

20ml Olive oil

Whisk dressing ingredients together until sugar is dissolved.

Add dressing at the end, shake bottle. Should be a light zingy dressing

500g mixture of Broccolini/green beans/ baby carrots (trimmed/ stalks peeled if necessary)
(blanched & refreshed)

Jus roti

Use the bones from deboning, chicken frames

150g Mirepoix (onions, carrots, celery, leek)

1lt Brown chicken stock

20g Tomato paste

1 Bay leaf

5 Peppercorns

3 Sprigs fresh thyme

100ml Red wine

Method for Jus

In a black roasting dish brown off the chicken frames, remember not to over load the black roasting dishes and to spread them out to obtain an even amount of colour. Once all chicken frames are coloured remove from roasting dish and put your mirepoix into the roasting tray and colour. Once this has happened, add tomato paste and continue to colour. Deglaze the roasting dish with red wine, add chicken frames and brown. Add chicken stock and continue to cook until all the sediments are removed off the bottom. REMEMBER!! We are trying to extract as much flavour as we can. Once you are happy you have got all the sediments and have given it a good simmer, strain the liquid and remove fat. Check seasoning/flavour. Place aside for service. We will serve in a jug on the side and pour it at the table.