

# CHICKEN BREAST, STEAMED LEEKS, GREEN VINAIGRETTE

Serves 6

## INGREDIENTS

### CHICKEN BREAST

3 chicken crowns  
8 l water,  
2 cups salt  
½ cup honey  
4 sprigs of Thyme  
2 tablespoon black peppercorn

3 tablespoon garlic oil  
2 tablespoon clarified butter

### POTATO PURÉE

One pound of fingerling potatoes, peeled  
½ to ¾ cup of milk  
Kosher salt  
3 tablespoon butter

### ROASTED CARROTS

One pound of mixed coloured carrots  
cut into thick wedges  
3 cloves crushed garlic  
3 sprigs thyme  
2 tablespoon butter  
2 tablespoon olive oil  
Kosher salt  
One pound Maitake mushrooms, torn  
into 1-inch pieces  
4 tablespoon clarified butter

### STEAMED LEEKS

4 small leeks, dark green removed, and cut in half  
1 tablespoon chili bean sauce  
2 tablespoon olive oil

## FULL MENU

### 1ST COURSE:

Crab Kofta, Suhme Sauce  
Grilled Cauliflower with Green  
Mango and Butter Gravy

### 2ND COURSE:

Hot and Sour Soup of Prawns

### 3RD COURSE:

**Chicken Breast, Steamed Leeks,  
Green Vinaigrette**

### 4TH COURSE:

Open Faced Apple Tart, Toasted  
Walnut Ice Cream

### TO FINISH

Green vinaigrette  
(recipe follows)  
Pickled parsnip  
(recipe follows)

### EQUIPMENT

Thermoworks Chef alarm  
with a sous vide needle probe  
Sous vide foam tape  
Circulator  
Vacuum sealer  
Vacuum bags 5" by 7"  
approximately

# INSTRUCTIONS

## CHICKEN

Place the chicken crowns into the brine and brine for 4 hours, drain and dry. Remove the breast from the bone and discard the carcass (salty from the brine), trimming as necessary.

## VACUUM SEALING THE CHICKEN

Turn the top 2 inches of your vacuum bag down, place ½ tablespoon of garlic oil into the bottom of each bag. Keeping one hand clean and one to hold the chicken, place one chicken breast into each bag. After washing your hands, fold each bag up and seal. Refrigerate until ready to cook.

## COOKING THE CHICKEN

Allow the chicken to come to room temperature. Prepare a water bath with a thermal circulator set at 69°C (156°F).

Shape the chicken breast against the side of the bags, trying to form the breast into a rounded log. Place a ¾ inch strip of cooking foam over the thickest part of one of the chicken breasts and insert a sous vide probe halfway into the breast.

Place the bags into the water and cook for 20-25 minutes or until the temperature reaches 138°F. Remove the bags and rest for 10 minutes in warm place. Cut open and remove the breasts. Heat a skillet and coat with the clarified butter. Place the breasts into the skillet and quickly sear/colour the outside of both sides of the breast, 30-40 seconds per side.

## POTATO PURÉE

Place the potatoes into a medium saucepan and cover with water. Salt the water lightly and boil the potatoes until tender. Place the drained potatoes through a fine potato ricer. Bring the milk and butter to a simmer. Add small amounts at a time of the butter and milk mixture to the riced potato, stirring well after each addition. Add enough liquid to make a loose pourable puree. Adjust seasoning with kosher salt, and keep warm in a covered container. This mixture can be made several days ahead and reheated when needed.

## COOKING THE CARROTS

Preheat oven to 400°F.

Melt the olive oil and butter in a 10-12 inch shallow sauté pan, large enough so the carrots are sitting in a single layer. Add the carrots, thyme, garlic and season with Kosher salt. Turn the carrots to make sure they are well coated, cover and place into the oven. Turn the carrots every 8-10 minutes and cook until lightly golden and tender, 30-35 minutes, reserve.

## **STEAMING THE LEEKS**

Place the leeks into a Ziploc bag with the olive oil and the chili bean paste. Seal the bag, squeezing out air as you do this. Steam the leeks for 12-15 minutes or until the leeks feel soft and easily separate when pressed, remove and reserve. The leeks can be steamed ahead of time.

## **TO FINISH THE VEGETABLES**

Heat two large skillets over high heat, add 2 tablespoons clarified butter to each, then add the mushrooms. Lightly brown the mushrooms, tossing frequently, as they cook. Divide the carrots between the two skillets and continue to shake and toss to brown the vegetables. When the carrots are heated through add the steamed leeks, separating them as you add them to the pan. Keep shaking the pan, adjusting the heat accordingly. Season lightly with salt and pepper.

## **TO SERVE**

- Drizzle some potato purée over the middle of your plate.
- Scatter some carrot, mushroom and leek mixture.
- Drizzle a little vinaigrette around and on top of the vegetables.
- Slice the chicken breast crosswise into slices and arrange over the vegetables.
- Scatter some pickled parsnips.

## **PICKLED PARSNIPS**

1 tablespoon mustard oil

1 teaspoon Panch Phoron (equal quantities of nigella seed, cumin seed, fenugreek, black mustard seeds, fennel seeds)

1 small parsnip, peeled and cut into ¼ inch dice

¼ teaspoon ground coriander

¼ teaspoon dried mango powder

¼ teaspoon turmeric

3 tablespoon water

2 tablespoons white wine vinegar

2 teaspoons brown sugar

## **TO MAKE THE PICKLE**

Heat the mustard oil in a small saucepan, add the panch phoron and sauté over medium heat until the seeds crackle. Add the parsnips, ground coriander, mango powder and turmeric, and stir well. Add the water, vinegar, and brown sugar, then stir for 3-5 minutes over medium heat until the parsnips are tender, season lightly with Kosher salt.

## **GREEN VINAIGRETTE**

4 cloves garlic, coarsely chopped  
2 tablespoons coriander root, coarsely chopped  
1/3 cup coconut milk  
1/2 teaspoon powdered turmeric  
2 fresh green chilli peppers, seeded, coarsely chopped  
1 teaspoon Arvindas curry masala ([www.arvindas.com](http://www.arvindas.com))  
1/2 tablespoon sugar  
2 tablespoons lime juice  
Kosher salt to taste  
1 tablespoon fish sauce

## **PREPARING THE VINAIGRETTE**

Combine all ingredients in a blender, process to a fine liquid and reserve. Adjust the consistency with water or coconut milk if necessary after it has sat for a short while. Taste and balance the flavour with lime juice, and fish sauce if needed.