

GERDI AND AART – TEAM 3

Chicken Ballentine with roasted veg and bearnaise sauce*



INGREDIENTS :

Ingredient	Amount	Unit	Remark
Whole chicken	1		
Sundried tomatoes in oil		30g	
Goat's cheese		60g	
Sunflower oil			
Large potatoes	6		
Butter		150g	
Thyme			
Carrots	2		
Baby marrows	4		
Peppers (green, yellow and red)			
Butter		180g	
Water		1 tbsp	
Packet fresh parsley	1		
Tarragon vinegar		75ml	
Dries tarragon		2tbsp	
Onion	1		
Packet of basil	1		
Cloves garlic	3		
Olive oil			

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METHOD

Chicken Ballitine

- Portion the whole chicken and keep the leg and thigh attached
- Deskin the leg and thigh and debone the leg and thigh
- Bash chicken leg and thigh making it a little bigger and easier to roll up
- Then prepare the filling by chopping the sundried tomatoes in small pieces
- Add the goat cheese and chop till combined
- Then add a little bit of chicken flesh and chop in with the goats mix and season the mix good
- Place the leg and thigh on oiled and seasoned tin foil
- Stuff the chicken leg and thigh then wrap the stuffed chicken leg and thigh tightly and place in fridge for 15-20 min
- Take it out and wrap it with baking paper
- Place in solar dome at combi setting 5 at 350 watt for 20-25 min

Ruth-fondant potatoes

- Peel potatoes and using a round cutter cut a round circle out
- Then slice it into 3-4 cm thick slices
- Place into pan then add water till the potatoes are just submerged
- Place a piece of butter on top of each potato
- Add thyme and let it boil and when the water evaporates the butter will brown it then flip over to brown the other side

Roasted vegetables

- Slice the carrots on the skew from side to side
- Season and add oil
- Add fresh thyme and place into solar dome at auto cook 10 and set the weight and press start
- Cut the baby marrows into thin slice and blanch and refresh it
- Place into pan with some butter and season
- Cut the peppers into long thin slices and place into butter pan and season

Béarnaise sauce

- Clarify 180g butter
- Meanwhile cut an onion fine and place into pan with dried tarragon and tarragon vinegar
- Reduce the sauce till there is only about 15 ml liquid left
- Separate 2 eggs and place the egg yolks in a glass bowl and add the 1 tbs of water
- Place the bowl over a pot of simmering water and whisk till egg yolk are cooked till ribbon stage
- Add the clarified butter bit by bit and keep whisking
- Then chop fresh parsley fine and add to the sauce and then season to taste

Basil pesto

- Place a handful basil in blender
- Add the chopped up garlic and add olive oil and blend
- Add oil till it is right consistency

- Then season to taste

Garnish (deep-fried basil)

- Heat sunflower oil up in a pan
- Add basil and deepfry the basil
- Take out and place on kitchen paper

Put the dish together by slicing the stuffed chicken at a angle into 3 pieces. Place the ruth fondant potatoes on plate, and stack baby marrow slices on the potatoes, place the chicken piece on the baby marrow and garnish with deep-fried basil leaf. Also serve with roasted carrots and pan fried peppers on the side. The vegetables can be served with the basil pesto on plate and serve bearnaise sauce seperately with the dish.

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