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2016



SPRING CHICKEN *with*
EMMA McCASKILL
& SCOTT HUGGINS

PENFOLDS MAGILL ESTATE

Poached chicken salad snacks

Prep time 50 mins, cook 25 mins (plus cooling, pickling) Serves 6

- 18 iceberg lettuce leaves
(about ½ head)

Poached chicken

- 250 ml (1 cup) sake
125 ml (½ cup) soy sauce
20 gm caster sugar
2 garlic cloves, thinly sliced
3 chicken Marylands (230gm each), halved to separate leg from thigh

Pickled slaw

- 150 gm white cabbage, finely shredded on a mandolin
100 gm cauliflower, thinly sliced on a mandolin
50 gm (½ small) white onion, thinly sliced on a mandolin
30 gm (about 3) heirloom carrots, thinly sliced into ribbons on a mandolin, halved lengthways
100 ml apple cider vinegar
50 gm caster sugar

Garlic mayonnaise

- 150 gm (½ cup) mayonnaise
1 garlic clove, finely chopped
3 tsp finely chopped flat-leaf parsley

Mashed avocado

- 1 avocado
1 tbsp lemon juice

Cucumber & radish salad

- 50 gm podded fresh peas (about 120gm unpodded)
50 gm (about 1) baby cucumber (cuke), thinly sliced on a mandolin
2 radishes, washed, trimmed, thinly sliced on a mandolin

- 1** For poached chicken, bring sake to a simmer in a saucepan over high heat, then remove from heat and set alight, being careful of flames flaring up. Return to medium-high heat until flames die out (about 2 minutes), then add soy, sugar, garlic and 150ml water, and bring to a gentle

simmer. Add chicken, cover directly with a round of baking paper, reduce heat to medium-low and simmer gently until almost cooked and juices run slightly pink when pierced with a skewer (20-25 minutes). Shred meat from bones (it should be slightly pink), transfer to a heatproof container, pour hot poaching liquid over and stand to finish cooking, and to cool (20-30 minutes).

2 For slaw, combine vegetables in a bowl. Bring vinegar, sugar and 150ml water to the boil in a small saucepan, stirring to dissolve sugar, then stand to cool for 10 minutes. Pour warm pickling liquid over vegetables and set aside to lightly pickle (5-10 minutes).

3 For garlic mayonnaise, combine ingredients in a bowl, cover and refrigerate to chill.

4 Mash avocado with a fork until smooth, stir in lemon juice and season to taste.

5 For the salad, cook peas in a saucepan of boiling water until just tender (1-2 minutes), then refresh in iced water, drain and combine in a bowl with cucumber and radish.

6 Wash lettuce leaves in a bowl of cold water, drain and pat dry with paper towels. Using scissors, trim stalk ends and trim leaves into rounds if desired, then fill each with a teaspoonful each of mashed avocado and garlic mayonnaise, drained pickled slaw, chicken, and cucumber and radish salad, and serve.

MY NOTES



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SPRING CHICKEN *with*
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PENFOLDS MAGILL ESTATE

Roast poussin, carrots, pumpkin and garlic yoghurt

Prep time 35 mins, cook 25 mins (plus brining, resting) Serves 6

- 3 tsp fenugreek seeds
- 100 ml sunflower oil, plus 1 tbsp extra
- 40 gm ($\frac{1}{2}$ cup) sea salt flakes
- 3 poussins (500gm each)
- 15 (about 2 bunches) heirloom carrots, halved lengthways
- 80 gm Jap pumpkin, peeled

Garlic yoghurt

- 250 gm Greek-style yoghurt
- 1 tsp brown sugar
- 1 tsp maple syrup
- 1 tsp black garlic (see note)
- $\frac{1}{2}$ garlic clove, finely chopped

Burnt-butter sauce

- 50 gm unsalted butter
- 1 tsp lemon juice
- 1 tsp orange juice

1 Mix fenugreek seeds, oil and sea salt flakes in a bowl, then generously coat poussins with the mixture, cover and refrigerate for 1 hour. This makes them juicier after cooking

2 Preheat oven to 200C (180C fan-forced). Wipe marinade from poussins over a bowl to catch oil and reserve. Rinse poussins well under cold running water, pat dry with paper towels, then cut each in half by inserting a knife through the cavity and cutting along backbone (discard backbones). Turn over and cut through breasts from inside. Heat a large ovenproof frying pan over high heat and add the extra oil. Season poussin halves with 1 tbsp fenugreek oil, then fry skin-side down until golden brown (5-7 minutes). Remove poussins from pan and reduce heat to medium-low. Add carrots to pan skin-side up, baste with oil from pan, season to taste and drizzle

with 2 tsp reserved fenugreek oil. Rest poussin pieces on carrots breast-side up with legs touching the base of the pan. Shave pumpkin into fine strips with a peeler then place a few slices neatly over each breast to protect them from overcooking. Transfer pan to oven and roast until juices of poussins run clear when pierced with a skewer, and carrots are caramelised (12-15 minutes). Set poussins aside to rest without removing pumpkin (5 minutes; pumpkin should be tender and charred at the edges) and keep carrots warm separately.

3 Meanwhile, for garlic yoghurt, whisk ingredients in a bowl to combine well.

4 For burnt-butter sauce, melt butter in a frying pan over low heat, then increase heat to medium-high and stir occasionally until a deep brown colour and starting to smell nutty (1-2 minutes). Immediately stir in lemon and orange juices to prevent butter cooking further and burning.

5 Transfer poussins to warm serving plates with roasted carrots, drizzle with yoghurt dressing and burnt-butter sauce, season to taste and serve.

Note Black garlic is available from select delicatessens, grocers and online from tasmanianblackgarlic.com.au.

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