

Roast Chicken & Stuffing



Profitability:

Steps:

ROAST CHICKEN

- Mix together sausage meat, sage, onion and two-thirds of the brioche crumb
- Make a small tunnel in the back of the chicken breast using a small knife. Pipe the sausage meat mix into the tunnel, being careful the breast does not split. The chicken breast will become plump and firm
- Tightly wrap stuffed breast in cling film and secure at each end (barrel wrap)
- Poach in simmering chicken stock for about 15 mins. Use probe to check breasts are above 65°C
- Remove cling film and shallow fry chicken barrel in butter and thyme until golden brown
- Rest for a couple of minutes and slice evenly onto four plates

VEGETABLE GARNISH

- Press chicken skin between two sheets of parchment paper, place between two trays and roast until crispy. Season and snap for delicious shards
- Boil potatoes, mash with butter and cream
- Blanch fine beans, leaving a crunch
- Remove leek heads and portion leeks into 2, sauté in butter, adding a little stock cover and simmer for 10 minutes
- Deglaze chicken pan with wine, add stock and thickening base for chicken gravy. Pass through a sieve before serving
- Take remaining third of brioche crumb and lightly fry in butter to create a delicious crunchy texture to sprinkle over your plate

To serve

- Evenly spread your green vegetables on the centre of the plate, piping small witches' hats of

potato to create height

- Rest chicken on top and finish with fresh herbs and a sprinkle of crumb. Add gravy

Ingredients:

ROAST CHICKEN

Chicken breasts 2 (remove and keep skin)

Pork and herb sausages 2 casings removed

Brioche 3 slices, blitz to a crumb

White onion 30g finely chopped and sweated

Sage leaves 2 chopped

Butter 50g

Thyme few sprigs

Chicken stock 1 pint

VEGETABLE GARNISH

Red skin potatoes 2 large, peeled and chopped for mash

Unsalted butter 50g

Double cream 25ml

Baby leeks 8

Vegetable stock 200ml

Fine beans 100g

Fennel herb (optional herb garnish)

Chicken skin

Author: Rob Kennedy, executive chef, Royal Military Academy Sandhurst