

THE ROASTING PLANK COMPANY® 2009

ROASTED BREAST OF  
CORN FED CHICKEN  
WRAPPED IN  
BEECH WOOD PAPER

WITH POACHED LEG BALLONTINE, KOFFMAN  
CABBAGE, CARROT PUREE, FONDANT POTATO AND  
LEMON THYME REDUCTION

*Gold Medal Winning Recipe*

'The Caterer, Licensee and Hotelier Student Chef of the Year 2010'  
Dan Millington, Bournemouth and Poole College



## Ingredients

### **Beech Wood Paper Wrapped Roasted Breast of Chicken**

2 pre-soaked Beech Wood Papers in water, 2 Breast of Corn Fed Chicken (knuckle removed), 1 tbsp groundnut oil, 100g unsalted butter, salt, white mill Pepper

### **Poached Leg Ballantine**

2 corn fed Chicken legs, 75g Chicken Meat, 10g tarragon, 2 free range eggs, 150ml double cream, salt, white mill pepper

### **Carrot Puree**

4 carrots, 100g butter, salt, white mill pepper

### **Koffman Cabbage**

150g cabbage, 50g celeriac, 50g carrot, 50g butter, 1tbsp groundnut oil, 75ml double cream

### **Fondant Potato**

2 peeled potatoes, 125g butter, 1 pint stock, 2 thyme sprigs, 1 garlic clove

### **Lemon Thyme Reduction**

100g carrots, 300g onion, celery and leek, 5 peppercorns, 1 bay leaf, 1 tsp thyme, 150g butter, 250ml white wine

## Method

### **Beech Wood Paper Wrapped Roasted Breast of Chicken**

Soak the Beech Wood Papers in water for minimum 1 hour. Trim the chicken breasts, heat a little oil in a frying pan and seal the chicken breasts until golden on each side. Wrap each breast in a Beech Wood Paper and secure with butcher's string, place in a preheated ( Gas Mark 5) oven for 12-15 minutes. Once cooked, take out from the oven and allow to rest in the Wood Paper for 5 minutes before serving.

### **Poached Leg Ballantine**

Remove the bones from the chicken legs and trim. Blitz the trimmings with the eggs, cream and tarragon and season with salt and pepper to make a farce. Place the farce into a piping bag and full the cavity in the chicken leg, fold over the excess skin and secure in place with tooth picks. Pan fry in a little oil and butter, baste and then place in a preheated oven to cook.

