

Miele

Chicken ballotine with corn, watercress stuffing and almond cream

By Miele

1 hour 20 minutes, plus soaking and marinating time

Preparation Time

2 hours

Cooking Time

6 serves

Serves



INGREDIENTS

Almond cream

- 150 g (1 cup) whole almonds
- 1 tsp honey
- 310 ml (1 ¼ cups) water
- ¼ tsp salt flakes
- ½ bunch chives, finely chopped
- 15 g butter
- Salt flakes and pepper, to taste

Chicken ballotine with corn and watercress stuffing

- 1 large de-boned chicken
- 2 tbsp miso, preferably red miso
- 60 ml (¼ cup) mirin
- 2 tbsp tamari
- 2 tbsp sake
- 50 g butter
- 3 spring onions, whites only, sliced
- 2 cm ginger (10 g), finely grated
- 100 g fresh or frozen corn kernels
- 1 egg, lightly beaten
- ½ tsp salt flakes

To serve

- 1 bunch watercress
- Salt flakes and pepper, to taste

METHOD

Almond cream

1. Cover the almonds with water and leave to soak in the fridge overnight. Drain the almonds and rinse well.
2. Blend or process the soaked almonds with the honey, water and salt until very smooth.
3. Pour the contents into a nut milk bag or muslin cloth and squeeze firmly to extract all the liquid. Reserve 150 g of the almond pulp for the stuffing.
4. Just before serving the chicken, warm the almond cream in a saucepan on medium heat, induction setting 6, for 6 minutes then select the keeping warm setting.
5. Stir through the chives and butter. Season to taste.

Chicken ballotine with corn and watercress stuffing

1. Remove the chicken tenders and reserve for the stuffing.
2. Combine the miso, 2 tablespoons of the mirin, half of the tamari and the sake in a large flat container. Place the chicken meat side down and marinate overnight in the fridge.
3. Melt the butter in a small saucepan on medium heat, induction setting 6, add the spring onion whites and ginger to the saucepan and cook for 5 minutes until soft.
4. Add the remaining mirin and tamari and cook for 1 minute. Remove from the heat and add the reserved almond pulp. Cool to room temperature.
5. Place half of the watercress on a perforated steam tray and steam at 100°C for 1 minute. Dry the watercress between kitchen paper to dry and roughly chop, season to taste. Reserve the remainder to serve fresh with the chicken.
6. Blend or process the chicken tenders, corn, egg, chopped watercress and salt until it makes a smooth paste.
7. Remove the chicken from the fridge and drain off any marinade, lightly dry the flesh with paper towel. Place the chicken skin side down on a flat surface.
8. Spread the watercress and corn stuffing inside the chicken, pull each side of the chicken in towards the middle, overlapping slightly. Gently turn the bird over onto the folded side.
9. Tie the legs together with kitchen string, continue to tie the chicken at 3 cm intervals. Be careful not to tie it too tightly as it will expand when cooking.
10. Place the chicken breast side up on a grilling and roasting insert in a universal tray. Insert a food probe at the leg end, close to the middle of the stuffing.
11. Place the chicken in the oven on shelf level 2, select Moisture Plus with Auto Roast at 160°C + 65°C with 1 manual burst of steam, releasing a burst of steam immediately. Rest the chicken for 10 minutes in the gourmet warming drawer before carving.

To serve

1. Slice the ballotine into 6 pieces and serve with the almond cream and remaining watercress.

Sustainability tips to make your ingredients go further

- Dehydrate the tops of the spring onions with those in the 'Beef carpaccio with spring onion, caramelised mustard seeds and kimizu'.
- The remaining chives can be added to the 'Toasted barley salad with sweetcorn and prunes' dish.

Alternative appliance methods

- If not using a food probe, set the cooking time for 1 hour 25 minutes using the Auto roast function and check if the chicken is cooked by inserting a skewer into a thick part of the leg. The chicken is cooked when the juices are clear.

Hints and tips

- Please note our recipes are developed using tablespoons that hold 20 ml (4 teaspoons).
- To conserve energy, it is possible to cook this recipe without preheating the oven thanks to Miele's quick heat up times.
- This delicious stuffing can be used to stuff a classic roast chicken. Prepare the stuffing as above, leaving out the chicken tenders. Cook the chicken in the oven using the same settings in the recipe and place the food probe in the leg area.
- Ask your butcher to bone a chicken for you, alternatively boned chickens can be found at gourmet food stores and at selected butchers.

Alternatively, follow these steps to bone a chicken:

- Cut down the back bone, just through the skin. Remove the outer two sections of the wings and save them for a stock. Cut the chicken at the shoulder between the joints to free the wings.
- Peel the meat and skin down on each side until you get to the thigh joint. Cut here and peel the meat right off the frame.
- Remove the leg bones and wing bones. Cut around the joint and scrape the meat from the bone. Break the leg bones at the tip with the back of your knife to keep the hole closed.