

ROASTED CHICKEN LEG WITH "CHICKEN RICE" RISOTTO



*The
Perfect Meal*

Episode 2

Chef Pang Kok Keong
- Canele -

Ingredients

2 nos Boneless chicken leg
200 gm Minced chicken
30 gm Corn starch
1 nos. Whole egg
150 gm Dried Shiitake Mushroom
soya sauce
sesame oil
salt and pepper

Method

- 1) Refresh the shitake in water.
- 2) Remove excess fat from chicken leg.
- 3) Season the minced chicken with egg, corn starch, soya sauce and sesame oil.
- 4) Place the chicken leg skin side down on the aluminium foil.
- 5) Spoon the minced chicken in a row near the bottom of the chicken leg, placed 2 row of shitake on top of the minced chicken.
- 6) Roll up the chicken together with foil, secure the end of the foil.
- 7) Reserve till needed in the fridge.

"CHICKEN RICE" RISOTTO

Ingredients

200 gm Abrorio rice
800 gm Chicken stock
4 tbsp Instant chicken rice seasoning
1 tbsp Chopped onion
2 tbsp Chopped garlic
1 bundle Pandan leaves
80 gm Hua Tiao wine
150 gm Cream
Cooking oil
Salt and pepper

Method

- 1) In a heavy base pan, sauteed the onion, garlic, rice. Deglaze with wine.
- 2) Add 100g of stock, pandan leaves and chicken rice seasoning. Continue adding stock till the rice is cooked.
- 3) Finish with cream. Make sure that the texture is thick enough. Line a tray with cling film.
- 4) Pour rice onto tray, cover with another cling film, level. Place in chiller till needed.

BLACK BEAN SAUCE

Ingredients

200 gm Fermented black bean
800 gm Chicken stock
4 tbsp Minced ginger
1 tbsp Minced onion
2 tbsp Minced garlic
1 bundle Cornstarch solution
80 gm Cooking oil
light soya sauce
dark soya sauce

Method

Sauteed onion, garlic, ginger and fermented black bean, add chicken stock, seasoning and thicken with cornstarch. Reserve till needed.

ASSEMBLY

- 1) Panfry the chicken leg in a frying pan, transfer it to a baking tray and finish cooking it in an oven set at 160C for approx. 15min. Set aside to rest.
- 2) using a ring cutter, cut out the risotto and panfry it in a frying pan till nicely brown on the surface.
- 3) Cut approx. 5 slices from 1 chicken leg roll. Plate accordingly and garnish with steamed kai lan and coriander.