

Poached chicken breast with risotto



Chef Paul Froggatt
- Saint Pierre -



*The
Perfect Meal*

Episode 3

Ingredients

1 whole	Chicken
175gm	Risotto
50gm	Onions
1 clove	Garlic
dash	Salt
dash	Pepper
Ginger	
Lemongrass	
Dried chili	
Kaffir lime leaves	
Coriander stalks	
Shallots	
Cloves	
Butter	
Tomato ketchup	
Chili ketchup	

Chili

Burn butter to nutty smell
Add tomato ketchup and chili ketchup
Reduce it and add chopped shallots

Method

- 1) Debone chicken. Keep breast.
- 2) To make stock, chop the rest of the chicken, add water and onions and boil for 1 1/2 hours
- 3) Butter and season chicken with salt and pepper. Wrap with cling film
- 4) Poach chicken in water. Cool gently on side
- 5) Infuse chicken stock with garlic, ginger, lemongrass, dried chili, kaffir lime leaves, coriander stalks
- 6) Simmer stock
- 7) Sweat onions, garlic, cloves, risotto rice until it is hot to touch, add stock bit by bit
- 8) Poach the breast in water about 75 degrees for about 25 to 30 mins
- 9) Pan fry chicken breast skin, deglaze with remaining stock
- 10) Gently reduce stock, continuously pour the stock over the chicken