

Black Pepper and Turmeric Poached Chicken Breast Consommé



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- Sub Category Name
Food
Savory
- Recipe Source Name
Infusions Recipes

Used Teas



Red Rooibos
Chocolate, Turmeric,
Ginger & Almond



Red Rooibos Mango,
Ginger & Turmeric
with Black Pepper

Ingredients

Black Pepper and Turmeric Poached Chicken Breast Red Rooibos

Black Pepper and Turmeric Poached Chicken Breast Green Rooibos, Mango, Ginger, Turmeric and Black Pepper Consommé

- 1 free-range chicken, around 1.25kg, quartered
- 2 kaffir lime leaves
- 1 teaspoon salt & more to taste
- 1 teaspoon black peppercorns
- 50g dry mango
- 5 shallots, peeled and halved

- 3 cloves garlic, peeled
- 1 1/2 teaspoons fresh ground turmeric
- 2 tablespoons finely minced ginger
- 8 Red Rooibos, mango, ginger, turmeric and black pepper tea bags
- 3 tablespoons peanut oil
- 2 handfuls of chopped greens such as celery leaves, mint, Thai basil and coriander leaves
- 2 shallots, thinly sliced and fried in vegetable oil until brown (optional)
- Quartered limes
- Chili paste (sambal) for serving

Methods and Directions

Black Pepper and Turmeric Poached Chicken Breast Red Rooibos

- Bone out the chicken reserving the bones for stock
- Place the bones with the lime leaves, salt and enough water to cover them and bring to a boil
- Cook for 30 minutes simmering, skim occasionally to get a clear broth
- Strain and place back on the stove
- Combine peppercorns, in a small mortar and pestle. pulse until ground. Add halved shallots, garlic, turmeric and ginger and pulse to a thick paste. (Add a little water if needed.)
- Heat peanut oil in a medium saucepan over high heat. When very hot, add spice paste and cook, stirring until paste is cooked and beginning to separate from the oil, about 5 minutes.
- Add cooked spice paste and chicken breasts and legs to stock. Bring to a simmer and cook 15 minutes. Or till the chicken is cooked remove from stock and remove the skin of the chicken
- Strain the stock and place it back on the stove, add the Red Rooibos, Mango, ginger, Turmeric and black pepper tea bags and steeli for 4 minutes, remove the tea bags
- Turn off heat under soup and stir in lime juice. Taste for salt.
- To serve, in a bowl place the chicken breast, poach an egg and place it in the bowl, curl the noodles onto a fork to give a tight bundle and place some chopped Macadamias on the edge of the bowl
- Serve with a lime cheek and sambal at the table.