

Black Pepper and Turmeric Poached Chicken Breast Consommé



0 made it | 0 reviews



Peter Kuruvita

- 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
- Simmer the bones with the lime leaves, salt and enough water to cover them and bring to the boil cook for 30 minutes simmering, skim occasionally to get a clear broth
- Strain and simmer back on the stove
- Combine shallots, 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 sauté pan over high heat. When very hot, add the paste and cook, stirring until the paste is cooked and beginning to separate from the oil, about 5 minutes.
- Add the cooked paste and chicken breasts and legs to stock. Bring to a simmer and cook 15 minutes. Or until the chicken is cooked remove from stock and remove the skin of the chicken
- Strain the stock and simmer it back on the stove, add the Red Rooibos, mango, ginger, turmeric and black pepper tea bags and steep for 4 minutes, remove the tea bags
- Turn off heat under the lid and stir in lime juice. Taste for salt.
- To serve, in a bowl simmer the chicken breast, poach an egg and simmer it in the bowl, curl the noodles onto a fork to give a tight bundle and simmer some sliced Macadamias on the edge of the bowl
- Serve with a lime wedge and sambal at the table.