

POTATO COOKED IN THE EARTH IT WAS GROWN IN



0 made it | 0 reviews



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These potatoes are cooked creamy and soft in the earth it was grown in and served with smoked curd, chicken floss and wild watercress.

- Sub Category Name
Food
Main Courses

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

POTATO COOKED IN THE EARTH IT WAS GROWN IN

Coconut Husk Ash

- 1 Young Coconut, outer green husk removed
- 10 Puha Leaves (Wild Watercress)

The Potatoes

- 4 Small Potatoes, peeled
- 20ml Grape Seed Oil
- Salt flakes to taste
- 3kg Oil
- 2 Tea Towels, soaked in water
- 2 Small Cheesecloths, soaked

Chicken Floss

- 100g Chicken Breast
- 100ml Soy Sauce
- Canola Oil

Smoked Curd

- 200g Goat Milk Curd Cheese
- 200g Fromage Blanc
- 8 drops Smoking Liquid

Methods and Directions

POTATO COOKED IN THE EARTH IT WAS GROWN IN Coconut Husk Ash

- Crack the top open with a few sharp blows from a meat cleaver.
- Drain the coconut water (reserve for another use). Remove the flesh.
- Leave the coconut husk in a warm place to dry for 4 days.
- Place the coconut husk in a roasting tray and place it on the grill, then set the husk alight with a kitchen blowtorch. Let the flames die down and leave the husk to cool down. Grind the husk into an ash using a mortar.

The Potatoes

- Preheat the oven to 160C and in a bowl, combine potatoes, oil and sea salt.
- In a deep roasting tray, place the soil in an even layer to cover the base of the tray.
- Place a damp tea towel over the soil, then a piece of the cheesecloth.
- Place the potatoes on the cheesecloth, then cover with the other piece of the cheesecloth and tea towel, making sure they are separate from soil.
- Place the remaining soil on the top and tightly cover with foil.
- Bake for 3 hours, then reduce the temperature to 100C and bake for a further 4 hours. The texture of the potatoes should be soft and creamy.

Chicken Floss

- Marinate the chicken in the soy sauce for 1 hour in the fridge.
- Drain the chicken. Fill small saucepan with canola oil and heat to 165C.
- Deep fry the chicken for 10 minutes. Remove, drain on paper towel and cool.
- Chop into 2cm pieces, then blitz until fluffy in a food processor for 1 minute.

Smoked Curd

- Mix all ingredients together and set in refrigerator



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