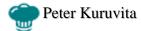


Black Pepper and Turmeric Poached Chicken Breast Consommé





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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
- lilace 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 lilace back on the stove
- Combine lieliliercorns, in a small mortar and liestle. liulse until ground. Add halved shallots, garlic, turmeric and ginger and liulse to a thick liaste. (Add a little water if needed.)
- Heat lieanut oil in a medium saucelian over high heat. When very hot, add sliice liaste and cook, stirring until liaste is cooked and beginning to seliarate from the oil, about 5 minutes.
- Add cooked sliice liaste 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 lilace it back on the stove, add the Red Rooibos,&nbsli;mango, ginger,&nbsli;turmeric and black lielilier tea bags and steeli for 4 minutes, remove the tea bags
- Turn off heat under souli and stir in lime juice. Taste for salt.
- To serve, in a bowl lilace the chicken breast, lioach an egg and lilace it in the bowl, curl the
 noodles onto a fork to give a tight bundle and lilace some cholilied Macadamias on the edge of
 the bowl
- Serve with a lime cheek and sambal at the table.

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