

Queensland Junior Secondary Schools Culinary Challenge 2013.

Spice Blend Chicken with Yucatan Pickles and Ancient Grain Salad

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Dish Description:

A fusion of Spices and Mexican flavours, offering aromatics and a variety of textures.

Serves: 4

Recipe:

Ingredients

Chicken

- 4 x marylands frenched and sliced.

Spice blend

- 2 cinnamon sticks
- 2 teaspoons cumin seeds
- 1 teaspoon allspice berries
- 1 star anise
- ½ teaspoon cloves
- Reserve left over spice blend to add to gravox sauce to be served on the side.

Yucatan-style pickles

- 250ml (1 cup) cider vinegar
- 220g (1 cup) caster sugar
- oranges, zest finely grated, juiced
- 2 cloves
- 1 cinnamon stick
- 3 oregano sprigs
- 2 garlic cloves, halved
- 2 red eschalots, cut into 2cm rounds
- 4 jalapenos, cut into 2cm rounds

Sherry vinaigrette

- 50ml sherry vinegar
- 75ml sweet sherry
- 75ml sesame oil
- 150ml extra virgin olive oil
- 1 teaspoon salt
- Freshly ground black pepper

Ancient grain salad

- 150g butternut pumpkin, cut into 1cm pieces roasted till tender
- 150g mixed quinoa, cooked
- 150g sweet corn kernels
- 150g kale, blanched and finely chopped
- 75g red onion, finely chopped
- 50g jalapeno chilies, finely chopped
- 1 bunch oregano leaves, chopped
- 75g sunflower seeds, toasted
- 75g chia seeds, toasted
- 250ml (1 cup) sherry vinaigrette
- 150g salted ricotta (queso fresca), finely chopped
- Toasted pepitas, to garnish
- 1 punnet edible flowers

Sumac yogurt dressing

- 2 tbs sumac
- 100 grams of low fat natural yoghurt
- Salt and pepper
- 60 ml Pomegranate molasses

To serve

- Banana leaf, trimmed
- Toasted sesame seeds, to garnish
- Thinly sliced radish, to garnish
- 1 bunch watercress, leaves picked
- 1 orange juice to drizzle

Workflow plan:

Spice blend

1. For the spice blend, combine spices in a bowl and lightly coat with about 2 teaspoons water, then pour into a frying pan and toast over medium heat until warm and fragrant.
2. Transfer to a mortar and pestle or spice grinder and grind to a fine powder.
3. Strain through a sieve to remove any large pieces.

Chicken

4. French the Maryland bone, separate the thigh from the leg bone and slice thigh meat into 2cm strips. Coat the chicken in the spice mix, let stand for 15 mins, steam the chicken until cooked. The leg will take longer. Once cooked, set aside to cool, to finish, add sunflower oil to a pan and shallow fry the chicken pieces to achieve a crisp crust on the meat. Serve.

Yucatan-style pickles

5. Combine vinegar, sugar, orange zest and juice, cloves, cinnamon, oregano and garlic in a small saucepan, and bring to the boil.
6. Place eschalots and jalapenos in a bowl, then pour in **hot pickle liquor**. Set aside to pickle and cool.

Sherry vinaigrette

7. For the sherry vinaigrette, gently warm sherry vinegar and sherry to reduce acidity. Allow to cool, then whisk with remaining ingredients to combine.

Ancient grain salad

8. Combine pumpkin with 2 tablespoons sherry vinaigrette in a bowl. Add remaining ingredients to bowl and toss to combine. To serve, sprinkle with ricotta, pepitas and edible flowers.

Sumac yogurt dressing.

9. Combine all ingredients. Using a piping bag, create a very fine drizzle using a knife and drizzle over the finished dish.

To serve

10. Top plate with salad.
11. Carefully fry chicken and arrange on platter.
12. Add radish, watercress, drained pickles and orange juice to a bowl, and toss to combine. Garnish platter with pickle mixture and orange juice.
13. Drizzle with sumac yogurt and serve.

Gravox.

Place gravox into a pouring jug and serve on the side with reserved spice mix.