



Roast chicken breast, confit leg, lettuce, peas, herbs

By Matt Stone

1 hour 30 minutes

Preparation time

5 hours

Cooking time

6-8 servings

Serves

INGREDIENTS

2 whole chickens, 1.4 -

1.8kg

1 tablespoon salt

400ml duck fat, melted

Herb dressing

1 bunch tarragon, washed, leaves picked

1-2 bunches dill, washed, leaves picked

1 bunch chives, washed Murray River salt flakes

200ml olive oil

Braised lettuce

2 Cosburg lettuce, washed, trimmed

2 cups peas

100ml white wine

250ml chicken stock

50g unsalted butter

Murray River salt flakes

and black pepper to taste

To serve

Nasturtium leaves Chives

METHOD

Chicken

- Place chicken on a chopping board, breast side up. Using a sharp knife, break down the chicken by removing the legs and wings, leaving the wing bone attached to the breast.
- 2. Turn the chicken breast crown on its side and cut through the back of the breast to remove the back bone.

Confit leg

- 1. Add salt to the chicken legs and place in an airtight container. Refrigerate overnight.
- 2. Pre-heat Oven on Conventional at 120°C.
- 3. Using paper towel, pat dry chicken legs and place in a deep roasting dish. Pour over duck fat to cover legs. Cover dish with aluminum foil and cook for 2.5 3 hours. Remove from Oven and leave to stand at room temperature for 30 minutes.
- 4. Remove foil and once cool, remove legs from duck fat and reserve. Using a knife, gently remove the bones from the meat, leaving the skin intact. Place chicken meat, skin side up onto a Multi-purpose tray. Press the meat together tightly to hold its shape and cover. Cool in the Refrigerator until ready to use.

Roast chicken crown

- 1. Place the breast crown onto a plate lined with paper towel. Lightly sprinkle with salt. Leave uncovered in the Refrigerator overnight.
- 2. Remove chicken crown from Refrigerator 45 minutes prior to roasting. This will enable it to cook more evenly. Put chicken on a grilling and roasting insert and place in a multi-purpose tray.
- 3. Pre-heat Steam Combination Oven on Conventional at 220°C.
- 4. Lightly drizzle chicken with oil and season well with salt. Place chicken on shelf position 2.
- 5. Select Combination Mode:
 - Stage 1: Select Conventional at 220°C + 15 minutes + 70% moisture
 - Stage 2: Select Conventional at 150°C + 20 minutes + 0% moisture
- 6. Remove chicken from Oven and allow to rest for 15 minutes, uncovered. Remove breasts from the bone, cover and place in a Gourmet Warming Drawer, Keep Food Warm Setting 1,
 - approx 65°C.
- 7. Increase Oven temperature to Conventional at 220°C. Place chicken legs onto a Multi-purpose tray and drizzle with oil. Place on shelf position 2 and Roast for 10 -15 minutes until legs are golden brown. Cut legs in half. Allow to rest in the Gourmet Warming Drawer and cover until ready to serve.

Braised lettuce

- 1. Heat a Frying pan on Induction setting 7. Add wine and reduce by half. Add the stock and boil for 2 minutes. Reduce heat to Induction setting 3, add in butter and stir until melted.
- 2. Add peas and lettuce and heat on Induction setting 5 for 5 minutes, coating the vegetables in the sauce. Braise until the peas are cooked and the lettuce is wilted but still crisp.

Herb dressing

- 1. Roughly chop the herbs before placing in a mortar and pestle with a pinch of salt.
- 2. Pound herbs and gradually add oil to form a thin, smooth paste. Add more oil if required.

To serve

- 1. Place a few lettuce leaves into a small ring approximately 10cm in diameter.
- 2. Add some peas to the middle, using the leaves to prevent the peas from running over the plate.
- 3. Top leaves with a piece of confit leg and a few slices of breast.
- 4. Spoon over herb sauce and garnish with nasturtium leaves and mixed herbs.

Notes

- Source the best quality free range or organic chicken for this dish.
- Left over chicken wings, back bone and chicken frames can be used for the bone broth or frozen for stock.
- Leaving chicken uncovered in the Refrigerator helps the skin to crisp.
- Confit chicken leg will keep stored in an airtight container, refrigerated for 2 weeks.
- Cosberg lettuce is a cross between Cos and Iceberg. Substitute with Baby Cos if unavailable.
- Herb dressing can be made in advance and will keep in the Refrigerator for 1 week.
- Nasturtium leaves and flowers can be purchased from markets and gourmet grocers.