



Chicken, asparagus

By Michael Meredith

45 minutes

Preparation time

3 hours

Cooking time

10 servings

Serves

INGREDIENTS

1.6kg chicken wings

600ml olive oil

4 garlic cloves

10g thyme

100ml chicken jus

1.5 leaf gelatine

Bay leaf

Salt to taste

200g asparagus

40g chives, finely chopped

Mayonnaise

1 whole egg

2 egg yolks

1 tbs whole grain mustard

1 tbs chardonnay vinegar

200ml grapeseed oil

50ml olive oil

METHOD

Chicken terrine

- 1. Pre-heat oven on Conventional 100°C.
- 2. Cut the chicken wings in half and place them in a gourmet oven dish. Add the garlic, thyme, bay leaf and salt.
- 3. Cover with olive oil and place in the Oven on shelf position 2. Confit in the Oven for 3 hours, or until soft.
- 4. Remove the chicken from the oil and pick all the meat off, discarding the skin while still warm.
- 5. Soak the gelatine in a bowl of cold water.
- 6. Line a terrine mould with cling wrap allowing enough to hang over the top edges of the long sides of the mould. Pack the meat into the lined terrine mould.
- 7. Warm the chicken jus on Induction setting 4, then remove from the heat and add the gelatine.
- 8. Pour the jus over the chicken making sure it covers all the gaps.
- 9. Wrap with cling wrap, weight it and place in the refrigerator overnight.

Mayonnaise

- 1. Place the egg, egg yolks, mustard, vinegar, salt and pepper into a food processor and blitz to combine.
- 2. Combine the oils in a jug and gradually add to the eggs and mustard while the food processor is still running. Continue doing this until you have a thick emulsion.

Asparagus

- 1. Place asparagus in a perforated steam container and steam at 100°C for 2 minutes. Refresh the asparagus in iced water.
- 2. Thinly slice the asparagus. Mix through enough mayonnaise to bind the asparagus, followed by the chopped chives.

To serve

1. Portion terrine into even squares, place a scoop of the asparagus mayonnaise on top and serve.