Chicken with grain mustard and tarragon

Chicken Thigh, garlic & tarragon mousse, grain mustard sauce, crispy kale (savoy cabbage)

Ingredients (10 portions)

Chicken thighs	2.5kg (bone in weight) 15 Thighs / 1 whole leg per person if thighs not available

Mousse

Chicken breast	250g
Tarragon	15g
Garlic	10g
Cream	125ml
Egg	55g (1 egg)

Sauce

Grain mustard	80g
Chicken stock	500ml
Cream	500ml
Cornflour	15g

Basmati rice	600g
Kale	250g
Broccoli	1kg
Carrots	900g

Prep list

- De-bone thighs
- Make mousse
- Cook rice, refresh
- Deep fry kale
- Make grain mustard sauce
- Baton or triangle carrots
- Prep broccoli into florets

Allergies and Alternatives

GF: gluten free if stock is GF
DF: make a dairy free mousse, dairy free sauce
Vegan / veggie: portobello mushroom, lentil and tarragon patties, vegan mustard sauce
Nut free: Yes

Blackboard wording

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Smaller chalets

No need to cook rice in advance if you don't want to



Chicken thighs and mousse

For the Mousse: Blitz chicken breast, add other ingredients and combine do not over blend, season.

Pipe mousse in centre of thigh, rest in fridge.

To cook: Season and oil skin, Roast at 200°C for 10–12 min to seal meat, lower temperature to 170°C for 30–40 min for a slow cook. Mousse needs to get to 75°C (probe the mousse). Rest, trim and cut thighs in half.

Grain mustard sauce

Simmer stock, mustard, cream thicken with cornflour slurry, season to taste. Add mustard off the heat.

Boil rice until tender, hold in greased dariole tin for service. If cooked in advance, chill within 1 hour and reheat once only. Cook vegetables and hold in hot dishes in hot cupboard for family service.

Service and Presentation

- Rice in centre of plate, three halves of chicken evenly placed around rice, pour sauce in between chicken top rice with deep fried Kale
- Vegetables on the table

