

Roulade of poached chicken with chicken rice & foie gras stuffing



*The
Perfect Meal*

Episode 1

Chef Daniel Sia
- The White Rabbit -

Ingredients

1 nos	Chicken
75 gm	Thai fragrant rice
150 ml	Chicken stock
1 nos.	Pandan leaf
1 Knob	old ginger (crushed)
2 Cloves	garlic (crushed)
100 gm	Foie gras

Sauce

100 gm	Chilli
1 Knob	ginger
1 Clove	garlic
Sesame oil	
Soy sauce	
Chicken stock	
White rice vinegar	
Salt	
Sugar	

Method

- 1) To make the sauce, put all the ingredients in a blender and puree until smooth; season to taste.
- 2) Debone the chicken and use the bones to make chicken stock.
- 3) Wash the rice and in a rice cooker put pandan leaves, chicken stock, ginger and garlic to cook.
- 4) Cool down the rice once it is cooked and soft.
- 5) Stuff the chicken with the rice and foie gras and roll up using cling film.
- 6) Poach the chicken in the chicken stock at 85° C for 10 mins and reduce the temperature to 75° C and cook a further 30 mins.
- 7) To serve, spoon some sauce on the side of the plate, reheat the chicken and slice, garnish with cucumber and cherry tomato.