

Chicken Cordon Bleu, Mushroom Dashi Cream, Chicken Liver Rice, and Ginger Honey Carrots

Chef Michael Eng

Chicken Dashi Stock

Chicken carcass and bones
Chicken feet
Kombu

Bonito Flakes
Ginger
Garlic

Scallion
Shao Xing cooking wine

Chicken Liver Rice

1 cup sushi rice, washed until water runs clear
¼ cup quinoa, washed
Chicken fat

½ pound chicken livers, soaked overnight in milk
½ bunch scallion whites, finely sliced
1 tbsp. Ginger, finely minced

1 small carrot, peeled and small diced
2 cups chicken dashi
Salt and white pepper to taste

Cordon Bleu

1 boneless, skinless chicken thigh, sinew and tendons removed
1 tsp. Garlic powder
1 tsp. Smoked paprika
¼ cup heavy cream

1 boneless, skinless chicken breast, cut into strips
4 slices smoked ham
4 slices Gruyere cheese
Chicken dashi, for poaching

½ cup crispy chicken skin, ground into fine crumbs
Salt and black pepper to taste

Mushroom Dashi Cream

1 cup chicken dashi
4 Tbsp. Soy sauce
4 Tbsp. Mirin

4 tsp. Sugar
1 medium onion, peeled and sliced

6 dried shiitake mushrooms, rehydrated and thinly sliced
1/3 cup cream

Ginger Honey Carrots

1 pound tri-colored carrots, peeled and roll cut

½ inch piece of ginger, finely grated

¼ cup honey
1 Tbsp. Butter

Pickled Carrot Ribbons

1 small carrot, peeled
¼ cup rice wine vinegar

¼ cup sugar
¼ cup water

1 Tbsp. Fish sauce

Method of Preparation

Chicken Dashi

1. Place chicken carcass, bones and feet in a large stock pot with cold water and bring to a boil.
2. Discard the water; rinse and clean the bones of all scum. Fill pot and cover bones with fresh water. Add kombu, bonito flakes, ginger, garlic, scallion and Shao xing wine. Return to a boil and turn down to a simmer, skimming any scum that rises to the top.
3. Cook for about 2-3 hours until flavors have been extracted, strain and discard solids. Reserve stock.

Chicken Liver Rice

1. Pat dry, season and sear chicken livers in chicken fat, until nicely browned but still pink in the center. Remove livers and cut into small dice.
2. In the same pan, add scallion whites, ginger, carrot and cook until fragrant.
3. Add the sushi rice and quinoa and toast until lightly colored.
4. Add dashi and season with salt and white pepper to taste. Bring to a boil, cover and simmer until rice is cooked, about 20 minutes. Let stand 10 minutes, covered off heat before fluffing.
5. Mix in reserved chicken livers and any leftover juices.

Cordon Bleu

1. Blend chicken thigh with cream, salt, pepper, garlic powder and smoked paprika into smooth mousse. Pipe a layer of mousse down onto plastic wrap.
2. Season chicken breast strips with salt and pepper. Lay down 2 slices each of smoked ham and Gruyere cheese on top of mousse. Place seasoned chicken breast strips in center and roll up into a roulade and wrap tightly into logs with plastic wrap.
3. Poke holes in plastic and poach in chicken dashi until internal temperature reaches 165° F.
4. Remove the plastic, pat dry and sear the surface of the roulade with a torch until evenly browned on all sides.
5. Let rest for 5-10 minutes before slicing.

Mushroom Dashi Cream Sauce

1. Sauté onions and shiitake until lightly caramelized.
2. Add dashi, soy, mirin, sugar, and simmer for 5 minutes until thickened.
3. Finish with cream.

Ginger Honey Glazed Carrots

1. Blanch carrots in chicken dashi for 3 minutes until crisp tender.
2. Sauté in butter, honey, and grated ginger until well glazed.
3. Season with salt and pepper.

Pickled Carrots

1. Peel carrot into thin ribbons.
2. Heat rice vinegar, water, fish sauce and sugar until sugar is dissolved.
3. Pour vinegar mixture over carrots to quick pickle.

Plating Information

1. Place rice in mold and overturn onto plate.
2. Spoon some sauce in front of rice.
3. Arrange carrots in a line between sauce and rice. Roll up carrot pickles and place on either side of sauteed carrots.
4. Slice cordon bleu and shingle 2-3 slices in front of carrots.
5. Top slices with crispy chicken skin crumbles and finely julienned scallion greens.