

# Caribbean Inspired Chicken Delicacies

Pan Roasted Marinated Breast and Thigh, Reversed Braised Drum Stick with Wing Meat Filling, Habanero Coconut Sauce, Sauté Chicken Liver on Egg Dipped Brioche with a Ginger Mango Chutney French Beans, Small Potatos, and Root Vegetables

*Chef William Crawford*

## Marinated Chicken and Livers

56 oz. Whole Chicken	2 oz. Chopped Ginger	½ tbsp. Nutmeg
8 oz. Chicken Livers	1.5 oz. Chopped Fresh Coriander	½ tbsp. Ground Cinnamon
6 oz. Buttermilk	¼ tbsp. Ground Black Pepper	1 tbsp. Stone ground mustard
2 oz. Vegetable Oil	1 tbsp. Ground Allspice	2 tsp. Kosher salt
2 oz. Chopped Shallots	1 tbsp. Ground Cloves	1 piece (.15 oz.) Finely Minced
1 oz. Chopped Garlic	1 tbsp. Ground Coriander	Habanero Peppers

## Equipment Needed

Three small bowls	One small spatulas	One cutting board
One boning knife		

## Method: Jerk Marinades

1. Combine in a bowl the shallots, garlic, ginger, fresh coriander, black pepper, allspice, cloves, ground coriander, nutmeg, cinnamon kosher salt and mix well with a rubber spatula.
2. Mix half the jerk marinade with butter milk.
3. Mix the other half of the jerk marinade with the vegetable oil.
4. Clean and wash the chicken livers, kidney.
5. Bone out the chicken and break down into the following pieces.
  - Breast and boneless thigh in one (1) piece, boneless drumstick
  - Chicken wing flats, drumsticks are skinless
  - Tenders from the breast for force meat, diced.
  - All the wing meat off the bone chopped, mixed with 1 tsp. of jerk spice.
  - Break down the carcass into smaller pieces and reserve all bones including neck bone for future stocks.
  - Excess fat and skin only item discarded.
1. In the oil based marinade place the breast and thigh meat piece one day before.
2. In the butter milk marinade place the boneless drumstick and chicken livers one day before.

## Broth for sauce, cooking reversed braised drum stick, cooking root vegetables and blanching French Beans

1 qt. Brown Chicken Stock	9 oz. Small Potatoes Nine Piece	30 pieces (4 oz.) Small French
7 oz. Rough Cut of Carrot, Celery and Onion	cut into halves	beans
1 tsp. Jerk Marinade	7 pc (6 oz.) Small Yellow Beets	3 oz. Vegetable Oil
2 piece Stuffed Drumsticks	(Bias cut carrot substitute for beets if needed 6 oz.)	2 tbsp. Melted Butter
		Salt and Pepper to Taste

## Equipment Needed

Induction pot	Lid for induction pot	Rubber spatula
2 Small strainers	Tongs	

## Method

1. Over medium heat in the induction pot with 3 oz. of vegetable oil cook the rough cut vegetables till onions are translucent, add the brown chicken stock, root vegetables, small potatoes and season to taste.
2. Turn the induction burner on full and bring to a boil, turn down to a simmer.
3. Add drum sticks to the pot and cover with lid.
4. Blanch French beans in the broth, refresh in ice water and reserve till later
  - Remove potato when tender, cut into halves and reserve in chaffing dish, approximately 15 minutes.
  - Remove drumsticks when cooked to internal temperature of 165 ° F, remove cheese cloth and reserve in chaffing dish, approximately 20 minutes.

- Remove beets when tender approximately 20 minutes, peel then cut the beets, reserve in chaffing dish.
- Continue simmering broth till time to make sauce.
- Sauté the beans in butter close to plating time, add the beets and small potatoes.

### **Boneless Drumsticks**

4 oz. Boneless Drumsticks	1½ oz. Heavy Cream	3 oz. Flour for dredging
5 oz. Chicken Tender	½ tsp. Salt and Pepper	¼ tsp of each: Allspice, Nutmeg,
2½ oz. Marinated Wing Meat	¾ oz. Carrot Diced	Cinnamon for the dredging flour
Chopped	½ oz. Celery Diced	5 oz. Vegetable Oil
½ oz. Egg Whites	1 tbsp. Chopped Chives	

### **Equipment**

Cheese cloth for drying chicken	Cast iron skillet for pan searing	Disposable piping bag with large tip
Small pot for the broth	Small food processor for farce meat	Cheese cloth for tying chicken
Small container for removing thighs, potato and beets from broth	Rubber spatula	Butcher cord for tying chicken
Two small strainers	Small bowl for mixing farce meat	Paring knife

### **Method: Stuffed Drumsticks**

1. Remove thighs from buttermilk marinate and pat dry with cheese cloth.
2. Extra small diced carrot and celery, Sauté the wing meat with the carrot and celery, cool down in small double bowl with ice water.
3. Place diced chicken tenders in the food processor with egg whites, heavy cream, salt, pepper and blitz till smooth farce.
4. Combine sauté chicken wing mixture, chives with the farce meat in the small bowl.
5. Transfer filling to disposable piping bag, pipe the entire piping bag of filing into the drum sticks, and tie the drumsticks closed with cheese cloth and butcher cord.
6. Poach the drumstick in the broth to internal temperature of 165° F, remove cheese cloth and hold in chaffing dish.
7. Place cast iron skillet on induction burner to medium heat, combine the flour and spice mixture for dredging in a small bowl.
8. Dredge the chicken thighs in the flour mixture, add the oil to the skillet.
9. Once the oil is hot, pan sear the dredge chicken thighs till golden brown.

### **Pan Roasted Breast, Thigh and Pan fried Liver**

12 oz. (2) Marinated Chicken Breast and Thigh	4 oz. Flour for dredging	1½ cup Vegetable Oil
10 oz. Buttermilk Marinated Chicken Livers	¼ tsp. of each: Allspice, Clove, Nutmeg, Cinnamon for the dredging flour.	½ Vegetable Oil
		Salt and Pepper to Taste

### **Equipment**

Two (2) Cast Iron Pans	Flipper	Tongs
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### **Method**

1. Put one cast iron pan on medium heat with 1½ cup of vegetable oil.
2. Season the breast and thigh.
3. Pan sear the breast, thigh first then cook equal on both sides in the covered pan till 165° F on medium heat, approximately 25 - 30 minutes. Strain and save the used oil for the chicken livers later.
4. Mix the flour and spices, season with salt and pepper.
5. Add the used oil and ½ cup of fresh vegetable oil to the 2<sup>nd</sup> skillet.
6. Dredge the chicken livers and pan fry till internal temperature of 165° F. reserve in chaffing dish

### **Mango Chutney**

4 oz. Diced Mango	½ tsp. Ground Allspice	¼ cup Red Wine Vinegar
2 oz. Chopped Shallots	¼ tsp. Ground Cloves	2 tbsp. Vegetable Oil
1 tsp. Chopped Garlic	1/8 tsp. Chopped Habanero	Salt & Pepper to taste
¾ oz. Chopped Ginger	1/3 cup Brown Sugar	

3 tbsp. Fresh Chopped Coriander  
To mix into chutney while plating

### **Equipment**

Small Induction Pot

Chef's Knife

Silicone Spatula

### **Method**

1. Place vegetable oil, onions, garlic, ginger, allspice, habanero in the induction pot over medium heat and sauté till shallots are translucent.
2. Add the mango, brown sugar, vinegar and simmer till thicken and mango is soft.
3. Season to taste and reserve till plating time.

### **Egg Dipped Brioche**

3 oz. two (2) Slices Brioche  
1½ oz. Fresh Eggs  
1 oz. Milk  
¼ tsp. Ground Allspice

¼ tsp. Ground Nutmeg  
¼ tsp. Ground Cinnamon  
1 tsp. Chopped Chives  
Salt and pepper to taste

2 oz. Unsalted Butter  
Nonstick Spray

### **Equipment**

Induction Fry Pan  
Metal Spatula

Small Bowl  
Whisk

Bread Knife

### **Method**

1. Whisk together eggs, milk, nutmeg, allspice, chives in a small bowl then season to taste.
2. Use a cookie cutter to make the disc. Reserve the unused bread for bread crumbs.
3. Place pan on the induction burner, set low to medium heat. Then spray with nonstick and add the butter.
4. Once the butter is melted and the pan has heated up, dip the brioche disc into to egg mixture on both sides, then pan fry till golden brown on both sides and the egg is cooked through to 145° F and reserve in chaffing dish.

### **Habanero Coconut Sauce**

16 oz. Chicken Broth  
8 oz. Coconut Milk  
2 tsp. Chopped Ginger  
1 tbsp. Chopped Shallot  
2 tsp. Chopped Garlic

1 tsp. Allspice  
¼ tsp. Ground Cloves  
¼ tsp. Nutmeg  
½ tsp. Cinnamon  
4 oz. Dark Rum

.4 oz. Minced Habanero Peppers a  
pinch  
1½ tbsp. Vegetable Oil  
Arrowroot slurry 2 tbsps.

### **Equipment**

Induction Pan  
Strainer

Small Whisk

Silicon Spoon

### **Method**

1. In the induction pan over medium heat place the vegetable oil, shallot, garlic, ginger and spices. Sauté till shallot are translucent. Then deglaze the pan with the spiced rum.
2. Add the chicken broth and reduce by 1/3.
3. Add the coconut milk and simmer for 5 minutes, thicken with the arrowroot slurry.
4. Season to taste and strain, reserve till service time.