

Miele

Chicken, asparagus

By Michael Meredith

45 minutes

Preparation Time

3 hours

Cooking Time

10

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.