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# KITCHEN CONNAISSEUR

## *Chicken Ballotine Canape with Carrot Raita and Pomegranate Chutney*



This recipe was created by Andrew Napier, a graduate of the Stratford Chefs School. It features a fabulous blend of Middle-Eastern flavours which are perfectly complemented by our Pomegranate Chutney.

Kitchen Connaisseur produces the Pomegranate Chutney from a recipe developed by the Stratford Chefs School. A portion of the proceeds of the sales from the Pomegranate Chutney are donated to the Chefs School for their educational programs.

Makes 12 canapes.

### *ingredients*

#### **SPICE MIXTURE**

<b>1 tsp</b>	Ground cumin
<b>1 tsp</b>	Ground ginger
<b>3/4 tsp</b>	Freshly ground black pepper
<b>1/4 tsp</b>	Turmeric
<b>1/2 tsp</b>	Ground cinnamon
<b>1/2 tsp</b>	Smoked paprika (or cayenne pepper)
<b>1/2 tsp</b>	Ground allspice
<b>1/4 tsp</b>	Ground cloves

#### **CHICKEN BALLOTINE**

<b>2</b>	Fresh chicken breasts, deboned and skinless
<b>½</b>	Medium onion, finely diced
<b>1/2 clove</b>	Garlic, finely chopped
<b>1 Tbsp</b>	Vegetable oil
<b>1 tsp</b>	Spice Mixture
	Kosher salt

### **CARROT RAITA**

**1 cup** Carrots, julienned, approx. 1 inch long  
**1/3 cup** Plain yogurt  
**1/4 tsp** Spice Mixture  
Kosher salt

### **CANAPE**

**2 pieces** Naan bread  
**4 Tbsp** **Roasted Garlic Olive Oil**

### **GARNISH**

**4-6 Tbsp** **Pomegranate Chutney**  
Flat leaf parsley

### *instructions*

#### **Spice Mix**

Mix all ingredients together. Mixture will keep in an airtight container for a few months.

#### **Ballotine**

Place oil into a saucepan over medium high heat, and sauté onion for 2 minutes until just beginning to turn translucent. Reduce heat to medium, add garlic, and sauté 1 or 2 more minutes until soft. Set aside to cool.

Place large pot of water on the stove and bring to a simmer.

While it is heating, remove fillets from chicken breasts. Remove the tendon from centre of fillets. Using fingers is easiest. Try to scrape as much meat as possible from the tendon. Discard tendon. Chop fillet meat into a coarse paste. Place this into a container with the onion and garlic mixture once it has cooled, and add spice mixture. Mash with a fork to create a homogeneous paste and to distribute the spice mixture evenly throughout. Set aside.

Remove any extra fat or tendon ends from the chicken breasts, and place in between two sheets of plastic wrap. Using a meat mallet or the side of a cleaver or large knife, beat the breasts to flatten evenly to about 5mm thick.

Remove chicken from plastic wrap and place skin side down. Spoon half of the fillet and onion mixture into the middle of the breast, and spread into a line evenly down the middle, about ¾" from each end. Sprinkle kosher salt onto chicken, one good pinch for each breast. Fold the two ends over, and then roll the whole breast around the filling into as even a cylinder as possible. Lay a sheet of plastic wrap out that is about three times as long as the ballotine. Place the chicken roll against a long edge of the plastic wrap, and roll tightly towards the other edge. You should now have a chicken roll with two long pieces of plastic wrap extending from either end. Twist the extra plastic so that it tightens up the chicken in the middle. You should have a sausage shape wrapped in plastic wrap. Wrap the excess plastic tightly against the ballotine so that it sticks to the rest of the

plastic to prevent it from coming open during cooking, (this is why it needed to be quite long.)

When water has come to a simmer, place both ballotines into the water. Turn heat down so that water is just below a simmer. If you have a thermometer, ideally water should be about 180 F, but if not, just watch water and make sure it stays just below a simmer. You are poaching the chicken, so you do not want it to boil at all, otherwise this will overcook the outside before the inside is cooked.

Cooking time depends on thickness of the ballotine, but for a 1.25 inch diameter ballotine, it should take about 15 minutes. A probe thermometer inserted into the middle should read 160 F, or you can poke the ballotine into the center with a sharp knife, and watch that juices run clear. Leave in plasti wrap, try to drain as much liquid off as possible, and place on a plate into the fridge to cool, about 4 hours minimum.

### **Canape**

Preheat oven to 425 F

Cut rounds out of Naan bread or whatever middle eastern flatbread you choose to use, using a 1.5 inch cutter or any round object that works for you! Should be about the size you would eat in two bites. Brush one side lightly with Kitchen Connaisseur Roasted Garlic Olive Oil, and place onto a rack or pan, then place into oven for approx 5 minutes until edges are browned. Obviously, the crispier you like your bread, the longer you want to bake it for.

### **Raita**

Stir spice mix into yogurt. Mix about ¼ cup of the yogurt into the carrots, or more depending on personal preference. Season to taste with kosher salt. Cover and set aside in fridge.

### **Assembling the Canape**

When chicken is cooled right through, remove plastic wrap and slice (gently) into ¼” rounds. (You must let chicken cool otherwise it will not hold its shape when sliced). Onto each toasted bread, place a small pile of the carrot raita, approx 2 tsp, and top with one round of chicken ballotine. Top with Kitchen Connaisseur Pomegranate Chutney, as much as you like, but approximately ¼ - ½ tsp. Slice flat leaf parsley into chiffonade (fine ribbon) and sprinkle a few pieces over the canapés. Serve immediately, and enjoy!