



AUSTRALIAN
GOURMET
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2017



SPRING ENTERTAINING *with*
JAMES VILES

BIOTA DINING

*Salad of white cut chicken, Padron chillies,
macadamia crème and sprouted legumes*

Prep time 30 mins, cook 50 mins

(plus sprouting, cooling)

You'll need to start this recipe

3 days ahead for sprouting

Serves 4

- 1 tbsp dried whole (red) brown lentils
- 1 tbsp dried chickpeas
- 1 tbsp dried mung beans
- 1 tbsp whole barley
- 300 ml white soy (see note)
- 1.6 kg organic chicken, at room temperature
- 400 g macadamia nuts
- 2 spring onions
- 10 Padron chillies (see note)
- 100 ml olive oil
- 80 ml (½ cup) white wine vinegar
- 5 cloves fermented black garlic, peeled, finely sliced
- Onion flowers, or other edible flowers to serve

1 To sprout legumes and grains, soak for 8 hours in plenty of cold water. Drain, place in a jar, cover with muslin cloth over jar opening and secure with a rubber band. Leave in a warm place for 1-2 days, or until sprouted, rinsing and draining each day. Rinse, transfer to a container, cover and store in refrigerator.

2 In a saucepan slightly larger than chicken, add 3 litres water and white soy. Bring to simmer over medium-high heat, gently lower chicken into poaching liquid, without boiling. Remove from heat, cover and leave to poach for 20 minutes, or until just cooked. Plunge into iced water, leave to cool for 5 minutes. Drain well, remove skin and finely slice, shred meat finely by hand.

3 Meanwhile, for macadamia crème, preheat oven to 150°C, scatter macadamia nuts over a baking tray, roast until light golden 15-20 minutes. Set aside for 10 minutes to cool. Puree with 140 ml water in a small blender until smooth.

4 For dressing, preheat a char grill or barbeque to high heat. Grill onions for 6-8 minutes and and chillies for 8-10 minutes, or until slightly charred

and tender. Remove chilli stems, puree onions, chilli, olive oil and vinegar in a blender until smooth. Season to taste.

5 Spread the macadamia crème on plates, add chicken meat and skin, sprouts, black garlic and onion or other edible flowers.

Note White soy available from selected Japanese food stores, such as Tokyomart (junpacific.com/tokyomart/). Padron chillies available from selected Farmer's Markets or from Midyim Eco (midyimeco@gmail.com)

MY NOTES