

Chicken Ballotine with Bourbon-Caramelized Chorizo & Porcini Rice Stuffing

MAY 2020

Ingredients



3 tbsp Garlic (minced)
1 large Onion (minced)
1 cup Carrots (minced)
1 cup Green Peas
1/2 cup Chorizo
1/2 cup Chicken Bits (scraps from the meat during deboning)
1/2 cup Porcini Mushrooms (chopped)
1/2 cup Roasted Bell Peppers (pureed)
4 cups Steamed Rice
1 shot Bourbon of Choice
Deboned whole roasting chicken
As Needed: Canola Oil
To Taste: Salt and Freshly Ground Pepper

Instructions

Heat the canola oil on high heat and sauté the chorizo until crisp to extract the fat. Add the chicken bits and continue cooking until firm. Strain the meats & set aside. Using the same chorizo fat oil & canola oil, sauté the garlic until golden brown. Add the Onions and continue to cook until caramelized. Pour the bourbon to deglaze the flavors on the pan and add the rice. Add in all the ingredients including the proteins and continue to mix homogenously on high heat (the pepper puree should evenly coat the rice). Salt and pepper to taste continue to mix. Mix and cook for at least 5 minutes. Set aside for stuffing.

Cover the deboned chicken all over with oil. This will lock in the juices and keep your meat moist as you roast. Season the insides with salt and pepper. Set your oven at 450F and prepare the roasting pan. Spoon your rice stuffing on the inner side of the chicken and distribute evenly. Estimate the right amount to keep the stuffing from coming out. Follow the instructions on the link on how to tie the ballotine. You may use the cooking string, stainless pins or the combination of both to help you secure the meat. After tying the ballotine, season it evenly around with salt and pepper. Position the chicken on the pan to roast. Roasting time is around 40 min., revolving your chicken on all four sides and basting with salt and pepper infused oil as you go or when the skin is golden brown. When done, rest the chicken for 8 to 10 min to keep the juices in. Slice to desired thickness and serve. Extra stuffing may be served on the side.