



# Breast of corn-fed poulard with cumin glaze, butternut & passion-Fruit crème, chilli lentils



## Preparation – Corn-fed Poulard

Clean and trim poulard breasts. Thoroughly mix all ingredients for the marinade. Coat the poularde breasts with half of the marinade and use cling film to form into rolls. Vacuum-pack and cook on Steam 62 °C for 38 minutes. Then brown well on all sides and glaze with the rest of the marinade.

## Rezept für 4

### Ingredients – Corn-fed Poulard

4 corn-fed poulard  
1 tbsp sherry  
2 tbsp soy sauce  
2 tsp salt  
2 tbsp sugar  
½ tbsp cumin seeds,  
roasted and ground

### Ingredients – Chilli Lentils

100 g red lentils  
1 tbsp ginger, chopped  
2 stalks lemongrass,  
chopped  
A few coriander stems and  
roots  
1 garlic clove, quartered  
1 tsp red curry paste  
1 tbsp peanut oil  
600 ml coconut milk  
½ tbsp turmeric powder  
2 red chilli pods, deseeded  
and finely diced  
2 tbsp fish sauce



### Preparation – Chilli Lentils

Cook the lentils al dente in boiling salty water for about 5 minutes, drain and rinse with cold water. For the sauce, sear ginger, lemongrass, coriander, garlic and curry paste in hot oil. Add coconut milk, turmeric, diced chilli and fish sauce and simmer for 15 minutes. Press the sauce through a sieve. Heat up the lentils in the sauce.

### Preparation – Butternut & Passion-Fruit Crème

Melt butter in a saucepan. Sweat and glaze butternut squash. Season with salt, sugar and cumin. Boil with apple juice and passion-fruit puree until soft, then puree with potatoes.

### Ingredients – Butternut & Passion-Fruit Crème

1 tbsp butter  
200 g butternut squash,  
diced  
Salt  
A pinch brown sugar  
Cumin seed, ground  
100 ml apple juice  
100 ml passion-fruit puree  
50 g potatoes, boiled

### Anrichten

## Settings – Corn-fed Poulard

With preheat

38 minutes | Steam 62 °C

## Serving suggestion

Arrange puree and lentils. Cut open poulard breast and place on the lentils. Garnish with butternut squash fries (deep-fried strips of squash) and reduced passion-fruit sauce.