

Chicken with Onions and Sea Buckthorn



Rezept für 4

Ingredients for sous vide chicken breast

4 chicken breasts, with skin
Salt, white pepper
Pepper, white
1 sprig of thyme
1 sprig of rosemary
30 ml olive oil

Ingredients for braised onions

50 g sugar
2 large onions
50 ml white wine vinegar
300 ml chicken stock
50 ml veal jus
Salt
1 bay leaf
1 star anise
1 clove
2 juniper berries

Ingredients for pickled pearl onions

15 g sugar
50 ml white wine vinegar
150 ml water
5 g salt
Mustard seeds
Sprigs of tarragon
10 pearl onions

To prepare the sous vide chicken breast

Season the chicken breasts with salt and pepper. Place into a vacuum bag together with the herbs and olive oil, and seal. Cook in a bainmarie at 60 °C for 35 minutes. Remove from the bag and fry skin-side down in clarified butter until crispy.

To prepare the braised onions

Peel the onions and halve them crosswise. Caramelize the sugar. Add the onions and deglaze with the white wine vinegar. Top up with chicken stock and veal jus. Add the bay leaf, star anise, clove and juniper berries and season with a little salt. Allow the onions to marinate over a low heat until soft. Drain the stock and allow it to reduce, then glaze the onions in the stock.



To prepare the pickled pearl onions

Peel the pearl onions. Bring the sugar, vinegar, water and salt to the boil, together with the mustard seeds and tarragon sprigs. Place the pearl onions into a preserving jar and pour on the hot stock. Cook on the Steam Setting at 100 °C for 10 minutes. Allow to cool. Halve the pickled pearl onions and brown them on the inside in a very hot pan.

To prepare the pickled shallots

Peel the shallots and slice. Bring the sugar, vinegar, water and salt to the boil, together with the mustard seeds and tarragon sprigs. Place the sliced shallots into a preserving jar and pour on the hot stock. Cook on the Steam setting at 100 °C for 8 minutes. Allow to cool.

To prepare the creamed onions

Sauté the onions in a pan with butter and spices. Deglaze with Noilly Prat and reduce until there is no more liquid. Add vegetable Bouillon and cream, and allow to simmer for half an hour. Blend to a smooth mixture using a food processor. Add a little salt as required.

To prepare the onion foam

Peel the potatoes, dice and boil in salted water. Drain the water, allow any excess water to evaporate and strain the potatoes through a fine sieve. Bring the milk and cream to the boil, add to the strained potatoes and stir until smooth. Liquidise the deep-fried onions and fold into the slightly liquid potato mixture. Season to taste as required, place into an iSi bottle and insert a cartridge. Shake well and store in a warm place until it is needed.

To prepare the deep-fried onions

Peel the onions and slice them into fine rings. Sprinkle the onion rings with flour and deep fry in hot peanut oil at 160 °C until crispy. Allow any excess oil to drip onto kitchen roll and then season with salt.

To prepare the pickled sea buckthorn

Bring water and sugar to the boil. Add the washed sea buckthorn berries to the hot syrup and leave to marinate.

To prepare the sea buckthorn gel

Mix all the ingredients together and bring to the boil once. Chill until it forms a jelly, then process in a blender until smooth.

Ingredients for the pickled shallots

15 g sugar
50 ml white wine vinegar
150 ml water
5 g salt
Mustard seeds
Sprigs of tarragon,
according to preference
5 shallots

Ingredients for the creamed onions

20 g butter
100 g onion
Salt, pepper
1 clove
40 ml Noilly Prat
½ star anise
1 juniper
150 ml vegetable bouillon
60 ml cream

Ingredients for the onion foam

1 potato weighing approx.
300 g (agria variety)
50 g deep-fried onions
150 ml milk
50 ml cream
10 g butter
Salt, pepper, nutmeg

Ingredients for the deep-fried onions

2 red onions
50 g flour
Peanut oil for deep frying
Salt

Ingredients for the pickled sea buckthorn

50 g sugar
50 ml water
2 tbsp sea buckthorn
berries



Anrichten

Cooking level for the sous vide chicken breast

Preheated

35 minutes | Steam setting at 60 °C

Cooking level for the pickled pearl onions

Preheated

10 minutes | Steam setting at 100 °C

To prepare the pickled shallots

Preheated

8 minutes | Steam setting at 100 °C

Ingredients for the sea buckthorn gel

75 ml lemon juice

50 ml lime juice

100 ml sea buckthorn juice

250 g simple syrup

6.5 g agar

6 g gellan gum

2 g citras