

Chicken Bowl

Makes 10

Ingredients

10 Chicken thighs, bone out and skin off
150g White miso paste
80ml Mirin
50ml Soy sauce
10g Caster sugar
10g Ginger, minced
1l Chicken stock
350g Sweetcorn, cooked
200g Button mushrooms, thinly sliced on a mandolin
400g Mixed colour large heritage carrots, cut with mandolin, fine julienne blade
200g Mangetout, finely sliced
3 Red peppers, fine julienne making sure you remove the membrane

2 Bunches spring onion, slice from top to bottom with sharp knife and wash
1l Beetroot juice, mix with 10ml rice wine vinegar
10 Soft boiled eggs, peeled and chilled
700g Rice vermicelli noodles, cooked weight 400 grams raw weight. Cook according to manufacturer's instructions
3.5l Broth, 350ml per portion

Garnish

50g Coriander, picked and roughly chopped
50g Mint, picked and roughly chopped
50g Red chilli, finely sliced
2 Limes, cut into wedges

Method

1. For the chicken, combine the miso, mirin, soy sauce, sugar and ginger in a bowl. Place chicken in gastro container and cover with miso mix.
2. Bake at 170°C for 12 minutes. Remove from oven and pour over the chicken stock. Place back in the oven and cook for 20 minutes, or until chicken is cooked through and the liquid has reduced.
3. Shred chicken and mix some of the cooking liquid back into the pulled chicken to keep it moist.
4. Place boiled eggs in 1l of cold beetroot juice and leave for 30 minutes.
5. To plate Place cooked and warm rice noodles on the base of the serving bowl. Arrange pulled chicken (1 thigh per person), sweetcorn, mushrooms, carrots, mangetout, red peppers and spring onions in desired bowls. Remove egg from stain liquid and slice in half. Serve with fresh herbs, chilli, lime and hot broth.

