



Seared Chicken Ballontine – Grapefruit Allspice Sauce, Eddo Frites, Okra Salsa

Event Name – Master Class Jamaican Observer 2011

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Ballontine

- 1 Tbsp Unsalted Butter
- ½ Tsp Vegetable Oil
- ½ White Onion sliced thin
- 1 bunch Spinach (leaves only)
- Salt and Pepper to taste
- 2 Chicken Thighs (skin on / bone in)
- ½ C Bread Crumbs
- 1 Tbsp Vegetable Oil
- ½ Tsp Unsalted Butter

Preheat oven to 400 degrees F.

In a preheated skillet set on medium heat add vegetable oil and butter till melted. Add sliced onions and allow to sauté till golden, stirring often. Reduce heat to low and allow to cook slowly, approximately 20 minutes making sure to stir often. Increase heat to medium and add spinach till totally wilted and soft. Season with salt and pepper to taste. Transfer contents of skillet to a small bowl to cool.

Remove bone from chicken thighs and season with salt and pepper. Fill cooled spinach mixture into empty cavity where chicken bones were. Using a bamboo skewer or toothpicks, thread the opening of the stuffed chicken thigh so that the filling cannot come out.

In a skillet large enough to fit both stuffed chicken thighs, preheat to medium high heat. Add vegetable oil and butter then add chicken thighs and allow to brown on 3 sides side, approximately 2 minutes each side. Once 3 sides are browned, flip onto remaining raw side and place skillet in oven for an additional 20 minutes or until chicken is fully cooked. Remove from oven and tent on a plate or cutting board for 10 minutes before serving to allow the meat to rest and retain its juices.

Grapefruit Ginger Sauce

- 1 thumb of Ginger sliced
- 1 Grapefruit (juice of)
- 1 Lime (juice of)
- 2 piece Allspice cracked
- 1 Bay Leaf
- 1 Tbsp White Sugar

Place all ingredients in a small saucepot and allow to boil until reduced by 1/3rd of its original volume. Lower the temperature to simmer until the liquid coats the back of a spoon. Strain while hot and discard all solid ingredients. Reserve sauce till service.

Okra Salsa

- 8 pieces Okra whole
- ½ Tsp Black Peppercorns cracked fresh
- 1/3 C Mango diced
- 1 Tsp Red Onion finely chopped
- ½ Red Bird Pepper finely sliced
- ½ Tsp Extra Virgin Olive Oil
- Kosher Salt to taste

Preheat oven to 400 degrees F. Place Okra on a tray and roast for 15 mins. Remove from oven and allow to cool fully. Slice across the length of the okra to make star shapes about ½" thickness. Place in a bowl.

Add remaining ingredients to bowl and combine well. Season with salt to taste and set aside.

Eddoes Chips

2 Eddoe

Vegetable oil for frying

Sea Salt

Preheat the vegetable oil for frying to 350 degrees F.

Cut eddoes into wedges. Using a paring knife peel the skins very thinly away so you are left with thin slivers of skin.

Place skins in fryer oil for approximately 1 minute or until crispy then transfer to 3 layers of paper towels to drain. Season with sea salt while still hot and wet.

Place eddoe wedges in fryer oil for approximately 3 minutes or until crispy then transfer to 3 layers of paper towels to drain. Season with sea salt while still hot and wet.