

CHICKEN LEG

with kohlrabi

and sweet potato puree

Ingredients	Chicken leg
600 g	Cooked chicken meat
100 ml	Rapeseed oil
300 ml	Chicken stock
40 g	GELEAcold
	Salt, paprika

Ingredients	Kohlrabi
750 g	Kohlrabi (frozen)
150 ml	Vegetable stock
100 ml	Cream
40 g	GELEAcold
	Nutmeg, salt, sugar

Ingredients	Sweet potato puree
750 g	Boiled sweet potatoes (cold)
200 ml	Vegetable stock
50 g	Melted butter
40 g	GELEAcold
	Salt, pepper, sugar

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve with a suitable sauce.

Nutrition facts for one serving (approx. 160 g)

Energy/Calories	1092 kJ/ 261 kcal
Fat	17.8 g
Of which saturates	6.4 g
Carbohydrates	16.2 g
Of which sugars	3.6 g
Fibre	3.8 g
Protein	7.6 g
Salt	0.4 g

Chicken leg:

Blend the cooked chicken meat, chickenstock, oil and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground paprika before filling. Pipe the mass into a “Chicken Thigh” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Sweet potato puree:

Blend the boiled sweet potatoes, vegetable stock, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a piping bag with a large star-shaped nozzle to pipe decorative shapes onto a GN baking tray then freeze.

Alternative: Use a spoon to shape the mass into dumplings, place on a GN baking tray then freeze.

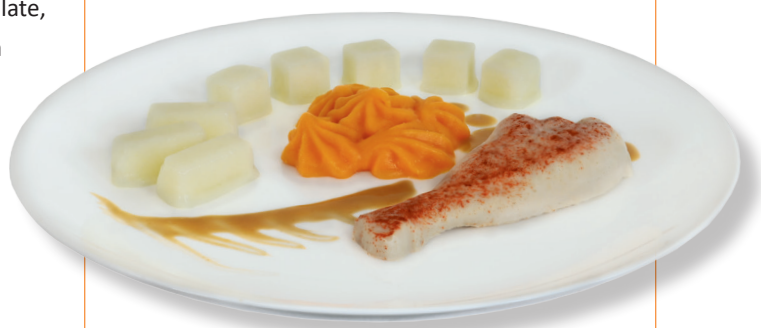
Kohlrabi:

Blend the kohlrabi, stock, cream and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a “Baby Carrots” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould, then freeze.

Alternatively: Fill the mass into an ice cube mould (cube size 1x1 cm) or a piping bag with a round or star-shaped nozzle and pipe decorative shapes onto a GN baking tray then freeze.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



CHICKEN LEG
 with kohlrabi
 and sweet potato puree