



recipes, tips and stories about cooking

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EPISODE 35 - POULARDE IN WASABI-SOY STOCK

Ingredients for 2 servings:

1 poulard about 1100 g
150 ml chicken stock
100 ml light soy sauce
4 tbsp mirin (or sake or dry sherry)
1 tsp sesame oil
½ tsp Wasabi paste
1 tbsp of lemon juice
1 tsp grated ginger
1 tsp chopped garlic
Salt pepper
1 carrot
4 spring onions
12 shiitake mushrooms

Method:

Preheat the oven to 200 ° Preheat the oven to 200 ° C.

First cut out the backbone of the chicken with poultry shears.

Clean inside, cut out the the wishbone, place the chicken with the cut side down on the work surface and flatten with the palm of your hand.

Rub the chicken with a little salt and pepper, place in a baking dish and drizzle with half of the mirin.

Distribute the vegetables around the Chicken.

Bring the chicken stock, soy sauce, remaining mirin and lemon juice to a boil, reduce heat and stir in the wasabi paste and remove from heat.

Pour the broth over the chicken and cover with aluminum foil.

Put in the oven and cook for 40 minutes.

Open the aluminum foil first at the table and enjoy the wonderful scent.

Best served with steamed basmati rice