

Chicken colombo, chayote and vanilla puree, watermelon, coriander and green onions

Recette pour 4



Description

Braised chicken in a nice mix of spices. Purée of chayote with a fresh watermelon and cillantro salad.

A trip to Guadeloupe!

Ingrédients

Chicken colombo

- 12 Unit(s) Chicken wings
- 2 Unit(s) Carrot
- 3 Unit(s) Yukon gold potatoes
- 1 Unit(s) Eggplant
- 1 Unit(s) Onion
- 4 Clove(s) Garlic
- 1 Unit(s) Lime
- 1 Unit(s) Vegan chili
- 1 Unit(s) Green onion
- 3 Sprig(s) Parsley
- 1 Tbsp Mustard seeds
- 1 Tbsp Cumin powder
- 1 Tbsp Fennel seeds
- 4 Tbsp Colombo powder
- 2 Sprig(s) Thyme
- 1 Leaf(ves) India wood

Chayote purée

- 2 Unit(s) Chayote
- 1 Bunch(es) Green onion
- 1 Unit(s) Vanilla bean
- 2 Clove(s) Garlic
- 0.50 Unit(s) Nutmeg

Garnish

- 0.25 Unit(s) Seedless watermelon
- 8 Sprig(s) Coriander

Préparations

Temps de préparation **30.00 mins**

Preparation

Peel the carrots and potatoes and cut them in 5mm cubes.

Finely slice the onions and green onions. Juice the lime.

Chop the garlic, pepper, parsley and thyme.

Peel and cut the chayote. Chop the seeds in the center (they are edible)

Make matchsticks from the watermelon and pluck the leaves from the cilantro.

Chicken colombo

Ideally, marinade the chicken overnight. If not possible, marinade for at least 2 hours.

Marinade

For the marinade, combine all the ingredients except for the seeds with the water.

In a skillet, toast the seeds. Remove them and add oil. Sear the chicken in the skillet. Once you reach a nice golden color, add the onions, garlic and other vegetables.

Add the colombo and the toasted seeds, cover with water and add the thyme and the india wood.

Once you reach a boil, cover, reduce heat and cook for 30 minutes on low heat.

The vegetables should be tender and the sauce should have thickened. If you need to, add colombo or corn starch to thicken the sauce. (if adding corn starch, dilute it in water before adding)

Chayotes

Cook the chayotes in boiling water with a vanilla bean that you removed the seeds from.

In a skillet, cook down the chayote seeds with butter.

Once the chayotes are tender, strain and place them in a skillet with onion and garlic. Once cooked, blend the mixture with the nutmeg as well as the vanilla seeds.

Serve hot, with the chayote seeds as well.

Plating

Place a nice thick scoop of chayote purée on the bottom of the plate. Place the chicken on top and drizzle generously with the sauce. Garnish with the cilantro and watermelon.

Bon appétit!