

The Food Studio  
on Roblin

# **4-H Manitoba**

# **Virtual Food Program**

**With Chef Maria Abiusi**

**Thursday, January 5, 2023**  
**7:00 p.m.**

## Pre-class Prep

Thanks for joining our virtual class! We are excited for the opportunity to teach and interact with you in the comfort of your own kitchen. During the class, our chef will monitor the group's progress in order to make sure we are all working at a comfortable pace and no one is having to rush to keep up. We have some tips below that will help ensure that you are prepared and ready to go.

- Please have all the necessary equipment and ingredients out and ready to be used. This will save you from having to search for items in drawers, cupboards or the fridge during instruction.
- Please open any cans (do not drain) and wash vegetables so they are ready to use.
- The recipe is set up to feed 4 people. If you plan to cook for more or less people, adjust the ingredient quantities accordingly.
- If you have a printer available, it would be helpful to print your recipes for easy reference as you may be using your device for the video call.

## Poached Chicken over Brothy Rice with Scallion Sauce

Author: Molly Baz

Serves: 4

2 whole garlic heads  
1 (4-inch) piece fresh ginger  
4 scallions  
1 large bunch cilantro  
2 jalapenos  
1 lime  
2 bone-in, skin-on chicken breasts (about 2 lbs)  
1 cup long-grain white rice, such as basmati or jasmine  
Kosher salt  
¼ cup extra-virgin olive oil or neutral oil

**Cook the rice:** Rinse rice in a fine-mesh strainer, swirling the rice with your hands until the water runs clear, 1 to 2 minutes. Combine the rinsed rice, 1 ¼ cups cold water, and ¼ teaspoon salt in a heavy bottomed pot and bring to a simmer over medium-high heat. Cover the pot immediately with a tight-fitting lid and reduce heat to very low. Cook for 16 minutes (set a timer). Turn off the heat, leave the lid on, and let the rice steam for another 10 minutes; uncover and fluff with a fork.

**Meanwhile, prep the broth:** Cut 2 heads of garlic in half crosswise. Don't worry if they fall apart a bit. Thinly slice the ginger lengthwise into planks. Cut the scallions in half crosswise, separating the dark green parts from the light green and white parts. Cut 1 large bunch of cilantro in half, separating and reserving the thick stems from the tender leaves and stems.

**Poach the chicken:** Place the chicken breasts skin-side up a Dutch or heavy-bottomed soup pot. Add the halved garlic heads, sliced ginger, dark scallion greens, thick cilantro stems, 4 cups water, and 2 tablespoons salt. The chicken should be just submerged in water; if it's not, add more water. Bring the water to a simmer over medium-high heat. Using tongs, flip the chicken breasts so they're skin-side down. Cook until an instant-read thermometer inserted into the thickest part of the breasts (usually the rounded top part of the breast) reaches 150F. This will take 10 to 20 minutes.

**Make the scallion sauce:** Thinly slice the light green and white parts of the remaining scallions crosswise. Finely chop the cilantro leaves and tender stems. Remove the stems of the jalapenos and cut in half lengthwise. Pull out the seeds and inner ribs. Finely chop the jalapenos. Combine the scallions, cilantro, and jalapenos in a small bowl. Stir in the olive oil and lime juice; season with salt, if necessary.

## **Back to the chicken:**

Once the chicken reaches 150F, use tongs to transfer the breasts to a cutting board and let cool for about 10 minutes.

Once cool enough to handle, remove and discard the skin.

Carve the meat of each breast off the bone and cut against the grain into ½-inch-thick slices.

While the chicken cools, add 3 cups water to the broth and return to a simmer.

Remove from heat.

## **Serve:**

Place a big mound of cooked rice in each of the four serving bowls and top with chicken breast slices.

Ladle some broth over top (no need to strain it; just avoid the big pieces of garlic and scallion floating around).

Spoon the scallion sauce generously over the chicken. Serve more broth alongside for sipping.

You'll have a lot of broth leftover. That's a good thing! You can strain it and use it in any other recipes that call for stock or water. Just remember that it is highly seasoned already, so you may want to hold back on salt in whatever you use it for.

## **Equipment List**

### **Rice**

Medium sized heavy bottomed saucepan with tight fitting lid; or

Rice Cooker

Seive

Liquid and Dry Measuring Cups

### **Soup**

Large heavy bottomed saucepan

Cutting board

Chef Knife

Small bowls (to hold chopped items)

Tongs