

CHARGRILLED FREE-RANGE CHICKEN



Ingredients (serves 4 people):

Curry Sauce

- 1 tbsp peanut oil
- 1/2 tbsp Thai green curry paste
- 1 tbsp chopped ginger
- 1/2 tsp turmeric
- 2 kaffir lime leaves
- 1 stalk lemongrass, centre part any finely chopped

1 tbsp brown sugar
1 clove garlic, peeled, crushed and chopped
1 tbsp lime juice
2 tbsp fish sauce
4 cups coconut cream

Lentils

1 cup puy lentils
1 tsp sea salt

Chicken

2 double skinless chicken breasts
1 tbsp peanut oil
Sea salt to taste
Freshly ground black pepper to taste

Scallops

12 scallops, including roe
2 tbsp peanut oil
Sea salt to taste
Cracked pepper to taste

To serve

1 tbsp chopped coriander leaves or torn spinach leaves to taste

Preparation:

1. To curry sauce heat peanut oil in a heavy-based frypan or saucepan at medium temperature.
2. Add all dry ingredients except sugar and garlic.
3. Cook, stirring, until softened but not at all coloured.

4. Add garlic and sugar, stir, then add all liquid ingredients.
5. Give a final stir, then simmer for 5 minutes.
6. Remove and discard kaffir lime leaves and turn off heat.
7. Check seasoning, adding salt if necessary, and reserve.
8. To lentils pick over the lentils, discarding any debris, then wash thoroughly in cold water and there is no need to soak puy lentils.
9. Bring three cups of water to the boil in a large saucepan, add salt, then trickle in the lentils.
10. Simmer for 25 minutes, drain thoroughly and reserve.
11. To chicken cut the double breasts into singles, and trim off any fat or gristle.
12. Pull or cut out the white wedge-ended tendon that runs the length of each fillet and remove, to prevent curling.
13. Brush the breasts with oil, then season.
14. Cook in a 180° C oven until just cooked through 15-20 minutes.
15. Remove and allow to rest.
16. To scallops trim the hard boot from one side of the scallops and it can be seen as a slightly firmer piece of flesh, usually opposite the orange roe, and the dark intestinal vein from the other. Discard.
17. Heat the oil in a heavy-based frypan at high temperature.
18. Sear scallops for about 30 seconds on each side, or until they are just opaque right through.
19. Season lightly.
20. To serve reheat the curry sauce and add the cooked lentils.
21. Stir in the coriander or spinach and cook just until wilted.
22. Place a generous spoonful of the lentil mixture in the centre of each of four shallow preheated bowls.
23. Place one chicken breast on top of each pile, and arrange three scallops around the edge of each bowl.
24. The dish also can be garnished with a whole Anaheim pepper, dipped in beaten egg and cornmeal or polenta and shallow fried.