

JAMON WRAPPED CHICKEN LEG

EQUIPMENT

CHEF KNIFE, BLENDER, CLINGFILM, BUTCHERS TWINE, SMALL MIXING BOWL, SPOON, MEDIUM SIZE FRYPAN

INGREDIENTS

2 BONE IN CHICKEN MARYLAND, 1 CHORIZO SAUSAGE, 100GM CHICKEN MINCE, ¼ BUTTERNUT PUMPKIN, 1 EGG WHITE, 4 SLICES JAMON, 20-40GM BUTTER, 30GM CREAM, CORIANDER, OLIVE OIL, SALT, PEPPER, SMOKED PAPRIKA

METHOD

CUT 6-8 3CM CUBES FROM THE PUMPKIN AND PLACE ON A PERFORATED STEAM TRAY, ROUGHLY CUT THE REMAINING PUMPKIN AND PLACE ON THE SAME TRAY, SEASON WITH SALT, PEPPER AND PAPRIKA

PLACE THE PUMPKIN IN A PRE-HEATED OVEN STEAM SETTING FOR 12 MINS UNTIL TENDER

REMOVE THE SPINE BONE FROM THE CHICKEN MARYLAND, "FRENCH" THE KNUCKLE END OF THE DRUMSTICK AND REMOVE THE THIGH BONE. (REFER TO THE VIDEO FOR THESE STEPS)

FOR THE STUFFING SKIN THE CHORIZO SAUSAGE AND FINELY DICE ADD THE SAUSAGE TO THE CHICKEN MINCE WITH SALT, PEPPER AND A LITTLE SMOKED PAPRIKA. MIX IN EGG WHITE AND 10-20GM OF CREAM, SET ASIDE

WHEN THE PUMPKIN IS COOKED REMOVE FROM THE OVEN AND SET THE CUT CUBES ASIDE. WITH THE REMAINING PUMPKIN PLACE IN A BLENDER ALONG WITH APPROX 20GM OF BUTTER AND 20GM OF CREAM AND BLEND UNTIL SMOOTH AND SET ASIDE

OPEN UP THE BONED OUT SECTION OF THE CHICKEN LEG AND PLACE SOME STUFFING IN THE CAVITY. PLACE ENOUGH STUFFING SO THE THIGH SECTION STILL CLOSES UP

LAY TWO (2) SHEETS OF JAMON ON A CHOPPING BOARD AND WRAP THE CHICKEN LEG ENSURING THE SEAM IS WELL SEALED

USING THE BUTCHERS TWINE TIE THE FILLED THIGH SECTION

WRAP THE CHICKEN TIGHTLY IN CLING FILM AND PLACE ON A PERFORATED TRAY, PLACE THE CHICKEN IN A PRE-HEATED OVEN STEAM SETTING 70 DEGREES FOR 70 MINS

ONCE THE CHICKEN IS COOKED REMOVE FROM THE OVEN AND HEAT THE FRY PAN, COVER THE PUMPKIN PUREE AND PLACE IN THE OVEN STEAM SETTING 70-80 DEGREES TO WARM

ADD A LITTLE OIL TO THE FRY PAN AND PAN FRY THE CHICKEN LEGS OVER MEDIUM HEAT UNTIL THE JAMON CRISPS, ADD THE PUMPKIN CUBES AND TURN OVER THE CHICKEN LEGS AND ADD 20GM OF BUTTER.

REMOVE THE CHICKEN AND REST FOR 5-6 MINS

SPOON OUT SOME PUMPKIN PUREE ON A PLATE AND SCATTER THE PUMPKIN CUBES, REMOVE THE BUTCHERS TWINE AND SLICE THE THIGH SECTION IN TWO PIECES LEAVING THE DRUMSTICK WHOLE

GARNISH WITH SOME CORIANDER SPRIGS

CONT'D...

HINTS & TIPS

- FILLING A CHICKEN LEG IS AN EXCELLENT WAY TO “JAZZ” UP A SIMPLE AND CHEAP CUT
- IF THE PORK PARTS IN THIS RECIPE DON’T APPEAL YOU CAN ALWAYS OMIT THE CHORIZO AND JAMON, FILL THE LEG WITH A HERB CHICKEN MINCE AND DON’T WRAP THE LEGS IN JAMON, STEAMING THE LEGS AND THEN PAN-FRYING WILL RESULT IN A NICE GOLDEN SKIN
 - YOU CAN PREPARE THE CHICKEN LEGS IN ADVANCE, FILLED AND WRAPPED THEY WILL KEEP IN THE FRIDGE FOR A DAY
 - BE CAREFUL WITH THE SEASONING OF THIS DISH, JAMON AND PROSCIUTTO ONCE PAN-FRIED CAN BECOME VERY SALTY
- DON’T TRY TO OVERFILL THE CHICKEN LEGS, TOO MUCH FILLING AND YOU WILL LOOSE THE SHAPE AND THE FILLING WILL SPILL OUT AS IT COOKS, ANY REMAINING FILLING CAN BE FROZEN FOR NEXT TIME OR USED AS A RAVIOLI FILLING