



Artisan Chef, Food Writer & Teacher

GALANTINE OF CHICKEN

A galantine of chicken is an impressive dish, hot or cold. Although hot it should be called a Ballantine. It is an ideal and festive way to serve Chicken and an alternative the traditional baked Ham at Christmas. You can serve it with any side dishes you like, baked potatoes and salad, or with new potatoes and seasonal vegetables. It is an economical way of serving a roast chicken. You should get up to 15 good slices off the bird, plus it freezes well. Keep for up to 3 months.

You can vary the stuffing to any mix that you fancy, especially using in season ingredients. It is a very cost-effective way of making a chicken go further. It is ideal for picnics when cold or for a deliciously different summer Sunday lunch.

INGREDIENTS

1 x 1.5Kg whole organic or free-range chicken
Salt, pepper and olive oil

STUFFING

400g chicken mince (breast meat is best, use two without the skin and fat)
250g chunk of cooked ham sliced into strips .5cm wide
2 tbsp tomato paste
2 tbsp pistachio nuts
4 tbsp fresh mixed herbs – parsley, chives, thyme, rosemary, sage etc. finely chopped
3 tbsp chopped soft dried apricots
Salt and pepper





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METHOD

Pre-heat the oven to 200C.

De-bone your chicken. If you don't want to do this ask your butcher. The process is fairly simple and as long as you have a sharp filleting and paring knife it is not a daunting job. Make sure the chicken is cold before you start. Place the chicken breast side down on a board and make a cut along the centre of the back of the chicken.

Scrape the skin and meat away from the backbone and follow the bone removing the meat all the way up to the top of the breast. Do the same on the other side of the chicken.

When you have done this be very careful removing the meat from the top of the ribcage as you do not want to break the skin. To do the legs and wings take the paring knife and work the meat off the thigh and leg bone being careful not to break the skin. With the wing remove the wing tips at the joint.

Again, using the paring knife scrape the meat from the bone in the wing. Once you have removed all of the bones keep the carcass for stock. To make the galantine look tidy push the leg and wing flesh into the centre of the chicken.

STUFFING

Put the chicken mince, tomato paste, pistachio nuts, herbs and seasoning in a bowl, mix well.

Lay the chicken skin side down and spread half of the mince mixture across the centre of the chicken. Sprinkle the chopped apricots and lay the sliced ham lengthways across the chicken. Cover with the rest of the mince mixture.

Roll the chicken up so that it looks like a chicken again. Using cooks string or the oven proof ties to hold the chicken together. Seal the ends of the chicken with cocktail sticks to prevent any stuffing from coming out of either end.

COOKING

Place in a roasting tin breast side up. Coat with oil and sprinkle with salt and pepper then cook for 10 minutes, then reduce to 180C for a further 20 minutes. Turn the chicken over and cook for further 40 minutes.

When cooked remove from the oven and leave to cool – then put on a plate and chill in the fridge. Slice as needed when serving the chicken or slice and wrap individual portions for a picnic or for the freezer.