



THE R+R SHOW

EPISODE 1: HALF CHICKEN

Dish Ingredients

Half organic whole chicken, wog with thigh bone out
Haricot vert with almonds
Butter whipped potatoes
Dark chicken jus
Black truffle
Micro greens for garnish

Haricot Vert with Almonds

Haricot vert	¼ lb.
Almonds toasted	2 tbsp.

1. Lightly blanch haricot vert in salty water and shock them in ice water.
2. Trim the ends.
3. Toast sliced almonds for five minutes in the oven at 350 degrees.

Butter Whipped Potatoes

Yukon potatoes	2 each
Half & half	1 cup
Butter	4 tbsp.

1. Peel two Yukon gold potatoes and place them whole in a pot of generously salted water.
2. Bring to a boil and reduce heat to medium. Cook until fork tender.
3. Strain potatoes and pass them through a food mill. Incorporate 4 tablespoons of unsalted butter and 1 cup of half and half. Mix with a rubber spatula until smooth and reserve warm.

Half Chicken

Butter whipped potatoes	
Black truffle	1 tsp. (plus more for garnish)
Butter	2 tbsp.
Shallot	1
Haricot verts with sliced almonds	
Dark chicken jus	4 oz

1. Peel one shallot and slice thinly on a mandolin.
2. In a hot pan with oil, place the half chicken skin side down and press with a brick wrapped in aluminum foil. Place in an oven at 400 degrees for 12 minutes.
3. Heat whipped potatoes and shave 1 teaspoon of black truffle into it. Season to taste.

4. Heat a pan and place 1 tablespoon of butter. Once the butter turns to noisette, add thinly sliced shallots, haricot verts, and sliced almonds. Season to taste.
5. Once the chicken comes out of the oven, place it on a resting rack for 4 minutes. While the chicken is resting, deglaze the pan it was cooked in with the dark chicken jus, add 1 tablespoon of butter, and incorporate off the heat.

Plating

1. Place whipped potatoes in the center of the plate, forming a divet in the center.
2. Put the half chicken on top of the whipped potatoes.
3. Lay the haricot verts on top of the chicken.
4. Ladle the chicken jus over the chicken, making sure to get the sauce in the crevice formed by the whipped potatoes.
5. Finish the dish with shaved black truffles and micro greens mix.

Enjoy!