

# SEARED FENNEL AND CAYENNE SPICED POULET WITH PAN ROASTED GRAPES AND GASTRIQUE

*This simple entrée pairs sweet and spicy seasoned baby chicken with a simple pan sauce using fresh red grapes. Served with a classic lentil side, this dish is perfectly matched with the sweetness and tannins of the fresh grapes.*

**Yield: 8 portions**

<b>Ingredients</b>	<b>Amounts</b>
<i>Lentils</i>	
Beluga lentils	1 cup
Onion, peeled and quartered	1 ea.
Carrot, peeled and quartered	1 ea.
Leek, white part only, split	1 ea.
Chicken stock	2 cups
Bay leaf	1 ea.
Thyme sprig	1 ea.
Kosher salt	½ tsp.
Black pepper, freshly ground	5 turns
<i>Baby chicken</i>	
Petite poulet	4 ea.
Olive oil	¼ cup
Fennel seed, toasted	2 tsp.
Kosher salt	1 tsp.
Cayenne pepper	½ tsp.
<i>Grape sauce</i>	
Shallots, minced	2 Tbsp.
Red grapes, halved	2 cups
Apple cider vinegar	4 Tbsp.
White wine	1 cup
Port wine	½ cup
Chicken stock	1 cup
Butter	3 Tbsp.
Black grapes, halved, for garnish	½ cup

## **Method**

1. *For the lentils:* Combine the lentils with the rest of the ingredients in a small saucepot and bring to a simmer. Cook until the lentils are soft and flavorful, about 25 minutes. Season with salt and pepper to taste and remove from the heat.

2. *For the baby chicken:* Fabricate the baby chickens into airline breasts, legs, and boneless thighs. Place all into a mixing bowl with the olive oil, cayenne, fennel seed, salt, and toss to combine; marinate for 30 minutes.
3. *For the grape sauce:* Combine all the ingredients except the butter in a small saucepan and bring to a simmer. Cook until the grapes are soft and the sauce starts to thicken. Remove from the heat and place in a blender. Add the butter and purée until smooth; strain through a fine mesh sieve pushing the sauce to extract all the pulp and intense grape flavor. Season to taste with sea salt and pepper and keep warm.
4. *To cook the chicken and serve the dish:* Preheat the oven to 425°F. Place a medium sized oven proof sauté over medium-high heat and cook the chickens in batches. Drizzle with olive oil and place 2 entrée portions skin side into the hot pan and sear for 1 to 2 minutes, then turn to the other side and cook for 2 minutes. Place the pan into the preheated oven and roast for 8 to 10 minutes. Remove and let the chickens rest for 5 minutes.
5. *To serve:* Warm 8 plates in the oven for 1 minute. Remove and splash a little of the warm grape sauce on each plate; top with a small mound of the beluga lentils, then place a chicken breast and thigh atop the lentils. Garnish with grape halves and serve warm.