

# Ruinart

## DOM RUINART BLANC DE BLANCS

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## FREE-RANGE POULTRY, FENNEL, ORANGE



### INGREDIENTS

Serves 6

**Preparation time:** 45 minutes

**Cooking time:** 35 minutes

6 breasts of poultry (chicken, guinea fowl)

6 mini fennel bulbs

1 shallot

40cl of chicken stock

1/2 teaspoon powdered cardamom

1 table spoon cilantro seeds

3 oranges

Lemon juice

Olive oil

Butter

Salt, pepper, fleur de sel

500g fennel

1 onion

30cl vegetable stock

1 knob of butter

Olive oil

*By Valérie  
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Chef at

Maison Ruinart

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## The fennel mousseline

Heat the vegetable stock.

Wash, peel and chop the fennel.

Peel and chop the onion.

Sweat the onion in olive oil; add the fennel. Pour in the vegetable stock to cover the fennel; add a pinch of salt and cook over low heat for 20 minutes.

After the 20 minutes, drain but set aside the cooking liquid. Put the cooked fennel into a blender with the butter and mix, adding cooking liquid to further liquefy the purée, as necessary. Set aside.

Put the mini fennel bulbs in a pot; pour in vegetable stock until they're covered,

and cook for 5 minutes.

Drain, but keep the cooking liquid. Brown the mini fennel bulbs in a pan with olive oil, and deglaze with cooking liquid, to glaze the vegetables. Zest and segment an orange. Set aside.

## The spiced sauce

Roast the coriander seeds. Juice 2 oranges.

Peel and finely chop the shallot. Sweat the shallot in a saucepan with olive oil; add the coriander seeds and cardamom powder. Deglaze with the orange juice; let reduce and add 40cl of chicken stock. Let reduce, then filter the mix and adjust the seasoning.

Beat in the butter.

## The poultry

Preheat the oven to 150°C. Season the chicken or guinea fowl breasts with salt and pepper.

Roast the poultry in a pan, skin side down. Turn over when the skin is good and crisp; sear the other side and then lightly bake for 10 minutes.

## The presentation

Place a spoonful of fennel mousseline and the mini-fennels in the dish. Add the orange segments. Arrange the poultry and add the lemon juice; sprinkle with orange zest.

**CHEF'S TIPS** Use smaller fennel, which is more tender and less fibrous. To make them extra confits, sear them over high heat, add a spoonful of honey, then slowly simmer on low heat while covered.

