



BOREALIS

BUTTERMILK CHICKEN LOLLIPOPS



INGREDIENTS: YIELD 10 PORTIONS x 2 EACH

CHICKEN MARINADE:

1.25 kg Boneless, skinless chicken thighs
600 ml Buttermilk
2 tsp Garlic powder
2 tsp Onion powder
1 tsp Smoked paprika
2 tsp Salt
1 tsp Black pepper

CHICKEN COATING

250 g All-purpose flour
125 g Cornstarch
2 tsp Baking powder
2 tsp Salt
1 tsp Black pepper
½ tsp Cayenne pepper
Vegetable oil for frying (as needed)

METHOD:

- In a large bowl, pour in the buttermilk. Add in the garlic powder, onion powder, smoked paprika, salt and black pepper until well combined.
- Place the chicken lollipops into the buttermilk mixture. Toss gently to coat every piece evenly.
- Cover the bowl with plastic wrap or a lid and place it in the refrigerator for at least 1 hour to let the flavours infuse. For best results, marinate overnight if time allows.
- In a shallow bowl, combine the all-purpose flour, cornstarch, baking powder, salt, black pepper, and cayenne pepper. Stir the dry ingredients together until evenly mixed, creating a light and crispy base for your chicken. Store in a suitable container ready for service.

MAPLE MUSTARD SAUCE

80 ml Maple syrup *or honey*
40 ml Dijon mustard
40 ml Whole grain mustard
40 ml Apple cider vinegar
Salt to taste

- In a small bowl, combine the maple syrup, Dijon mustard and whole grain mustard.
- Stir in the apple cider vinegar and a pinch of salt, season to taste.

SRIRACHA MAYO

135 g Mayonnaise
10 g Sriracha *(from hot sauces)*
5 g Lime juice (or Lemon juice)

In a small bowl, whisk together the mayonnaise, sriracha, and lime juice until fully combined and smooth. Adjust seasoning with salt to taste.

CRANBERRY GEL

100 ml Sugar syrup (50% sugar / 50% water)
50 g Cranberry sauce
50 g Frozen cranberries
5 g Xanthan gum
2 g Smoked paprika
2 g Salt

- Boil the sugar syrup, add frozen cranberries into the sugar syrup and bring to boil, keep boiling for 2 mins.
- Add xanthan gum and stir continuously until correct consistency is achieved
- Remove from the heat, then stir in the cranberry sauce, blend till smooth, strain through a sieve and pour into a container to cool, set in the fridge.

*yellow - training
blue -
red
green - zone commander
black -
no scarf*