

Grilled fillets of corn-fed poulard on a bed of fresh asparagus-mushroom ragout with fine pilau rice

Ingredients for 4 people

4 pcs.	corn-fed poulard breast fillets
	chicken seasoning
	a little olive oil
500 g	fresh green asparagus
150 g	mushrooms
A few	cherry tomatoes
100 g	butter
2.5 dl	cream
2 dl	white wine
2 dl	vegetable stock
1 medium-sized	onion
	salt, milled pepper
250 g	pilau rice
1 medium-sized	onion
6 dl	chicken stock (more or less depending on rice variety)
	bay leaf
	a little lemon juice
	salt, pepper



Preparation

1. Marinate the chicken breast with the meat seasoning and a little olive oil.
2. Prepare the asparagus, wash and peel the lower third, then cut obliquely into three pieces. Cut off a few mm from the mushroom stems and carefully clean the mushrooms with cellulose paper, then quarter them. Wash and halve the cherry tomatoes. Chop the onions.

Preparation on the barbecue

1. Melt 30 g of butter in the universal pan and add half of the chopped onions and the mushrooms and sauté briefly, then put in a bowl to one side. Sauté the pieces of asparagus with a little butter and deglaze with white wine. Add the stock and cook the asparagus until it is al dente. Now put the mushrooms and the onions back in. Beat the cream until it is semi-stiff and fold into the ragout, if necessary thicken a little with Maizena, then add salt, pepper and lemon juice to taste.
2. Melt around 30 g of butter in the universal pan and briefly sauté the onions in it. Add the rice and sauté together, then deglaze with the stock, add the bay leaf and cook until al dente. Fold in the rest of the butter and add salt and pepper to taste.
3. Approx. 6 minutes before the rice is cooked al dente, barbecue the poulard breasts on the cast-iron griddle. When cooked, cut the poulard breast open diagonally, arrange on top of the asparagus-mushroom ragout and add portions of rice using a scoop. Decorate with cherry tomatoes.

For the gas kettle barbecue

Funnel	volcano position
Lid	open
Required accessories	universal pan, cast iron griddle
Preheating	approx. 5 minutes at mark 