

Sunflower Seed “Risotto”

YIELD: Serves 4

INGREDIENTS:

3 cups Raw untoasted sunflower seeds
4 quarts Water
2 Bay leaves
3 Sprigs of thyme
1 Large shallot
3 Large garlic cloves
1 cup White wine
2 cups Heavy cream
1 tsp Sherry vinegar
1 Lemon, juiced
4 Large organic eggs
Splash of white vinegar

PREPARATION:

Step 1

In a large stock pot, bring sunflower seeds, water, bay leaves, and thyme to a simmer. Cook low and slow until tender (about one hour). Strain.

Step 2

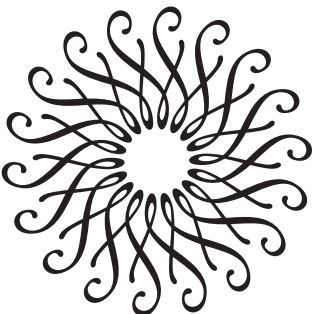
In a high-walled sauté pan, sweat shallots and garlic on medium heat until translucent. Add the cooked seeds and deglaze with white wine. Reduce until wine is almost gone, then add heavy cream. Reduce until thick.

Step 3

While cream is reducing, poach eggs in simmering water (that has a splash of white vinegar added) until the white is set and the yolk is still runny.

Step 4

Just before serving, add the lemon juice and sherry vinegar to each serving of the “risotto” and place an egg on top. Garnish with a savory jam of your choosing and crispy puffed rice.



Whole Roasted Lavender Chicken

YIELD: 1 chicken (serves 2 to 4 people)

INGREDIENTS:

For the Brine

1½ cups	Salt
2 cups	Sugar
½ cup	Honey
8 cups	Water
¾ cup	Lavender flowers
2	Lemons
½ cup	Whole black peppercorn
1 bunch	Thyme
2	Bay leaves
8 cups	Ice

Additional

1	Whole chicken
½ cup	Softened herb butter
Butcher's twine	

PREPARATION:

Step 1

Combine all brine ingredients except ice in a large heavy-bottomed pot. Bring to a simmer, whisking until salt and sugar have dissolved. Pull off heat and add ice to cool.

Step 2

Place the whole chicken (Green Circle chicken preferred) in cold brine and submerge for 24 hours. After the chicken is brined, remove from liquid and rinse under cold clean water.

Step 3

Pat dry and rub the half-cup of softened herb butter underneath the skin, over the breast.

Step 4

Truss chicken with butcher's twine and leave uncovered in a refrigerator for 48 hours to dry the skin.

Step 5

To cook, preheat a convection oven to 375 degrees F and roast the chicken for 45 to 60 minutes, or until reaching an internal temperature of 165 degrees F. Make sure to baste the chicken with its drippings every so often.

