

BARLEY WITH VEGETABLES-ARTICHOKES SALAD AND TURMERIC CHICKEN



Chef: Maurizio Ferrari

Menù Ingredients

15 g. Dadolata di verdure - Brunoise of vegetables - BSOK
50 g. Orzo perlato - Pearled Barley - RNO
5 pcs Spaccatelli di carciofo trifolati - Artichoke Quarters prepared in oil with garlic and parsley - HN2
to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
to taste Pepe rosa speciale essiccato (Rose pepper special dried) - 1282

Ingredients

100 g. Chicken breast
5 g. Turmeric
q.s. Salt & Pepper
q.s. Curly endive
10 g. Carrots
10 g. Red pepper
10 g. Yellow pepper
10 g. Zucchini
q.s. Thyme
q.s. Parsley
q.s. Sprouts

Method

Serve 1

In a vacuum bag, marinate the chicken breast with turmeric, a tablespoon of extra virgin olive oil, salt, pepper, a sprig of thyme and parsley. Seal the bag and cook inside a steamed oven for about 15-20 minutes. Meanwhile cook the barley in salted water, following the instructions on the package, drain and cool it down. Cut the carrots, red pepper, yellow pepper and zucchini into julienne; add the artichokes and season with oil, salt and pepper. Put the barley in a bowl and add the chopped vegetables, pink pepper, salt, extra virgin olive oil and mix well. Place the barley in the center of the plate with the help of a pastry cutter, lay the curly endive on top and then cover with the vegetable and artichoke salad. Add the sliced turmeric chicken and finish the dish with some sprouts, pink pepper and a drizzle of extra virgin olive oil.