

# FLAMING SOUS VIDE CHICKEN OSSO BUCCO

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2020 ICA CATIE AWARDS  
BEST MAIN COURSE





# SYNOPSIS

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Sous Vide Chicken Osso Bucco; Caramelized Carrot Puree; Jicama, Edamame & Poblano Pepper Succotash; Flamed Red Alaea Sea Salt, Nasturtium

This dish did not originate as a chicken course. It originally was created with duck as the protein. The client was unsure on how their guests would react to a duck option, so we had to get creative with doing a chicken dish differently. We chose a non-traditional culinary technique for osso bucco by sous-vide cooking our chicken allowing more time for the farm fresh ingredient flavors to integrate together. Then, to elevate the plate presentation, we lit it on fire.



## CONCEPT | PLATE DESIGN | OBJECTIVES

Our goal was to create a flawlessly flavorful dish that highlighted the vibrant flavors from locally-sourced farm fresh ingredients. Our client was hosting guests from coast to coast and it was critical to impress them and showcase how the ingredients of our surrounding farmland can be packed with flavor and presented in a high-end fashion. To thoroughly impress our guests, we incorporated fire to elevate the plate presentation and provide a “wow” factor.

Interestingly enough, our original dish was not our sous vide chicken osso bucco but rather a confit duck breast. Although the client loved the dish, they thought duck would be too much for their guests and requested chicken instead. Off the bat we knew the chicken was going to take up more room on the plate than the duck so our original plate design was no longer going to work. When sketching the new plate, our aim was to divide the plate and allow the chicken to be the main focus. The carrot puree was painted on the plate in one direction with the line of flamed salt crossing through the opposite direction. These crossing lines guided the eyes toward the chicken osso bucco that was elevated on a stage of bright green and white succotash.

## ORIGINALITY OF PRESENTATION

It's not every day that you get to light plates on fire to serve as part of a main course to your guests. This culinary challenge was not only exciting for guests but was invigorating for our team to accomplish.

To begin the presentation of the course, our Executive Chef provided a full description and highlight of what guests were about to experience. When they heard that fire was part of the presentation, murmurs of disbelief spread throughout the room. Those murmurs turned to gasps and applause when they witnessed our chefs, with blow torches placed throughout the room, actively lighting the dinner plates on fire as the servers proceeded to serve their guests. Based on guest reactions, we knew we had fulfilled the "wow" factor we aimed to achieve.



## CULINARY COMPONENT OF THE PLATE

When the client changed the menu and asked us to create a chicken dish, we knew we had to come up with an innovative way to create a bright, flavorful poultry plate. Instead of doing a traditional osso bucco that is slowly braised in a dutch oven, we wanted to achieve the same flavor profile, but instead use a slower sous vide technique, to allow the flavors more time to infuse together. This method gave us more control over the temperature of the chicken, allowed us to provide a fresher option, and guaranteed a succulent poultry as the core of our plate.

With our remaining focus on highlighting the vibrant and fresh ingredients of the farm, we chose to not have a heavy starch on the plate. The soft, caramelized carrot puree and bright mix of fresh jicama, edamame and poblano pepper succotash offered a light balance to the bold and heavy flavor of the osso bucco.

The red alaea sea salt was soaked in apricot brandy with a touch of rum in order to allow the flame to stay lit longer. The apricot brandy added a sweet component to the salt which then, once lit on fire, had a hint of smokiness. The entire dish was seasoned carefully so that the red alaea sea salt could be added to the dish and not compromise the flavor profile.

# IMPLEMENTATION OF THE TECHNIQUE

-This dish was the first time we ever implemented sous vide cooking on-site. We ordered in new equipment that we needed to train our team to properly use. Additionally, we used our network of culinary professionals in the industry who both had experience in this technique of cooking at events, and received great tips and feedback on which equipment to invest in. Several practice test runs at our commissary ensured that we were confident in our set time frame for executing this course in the appropriate amount of time on-site at the event. All of the sous vide cooking was done on-site and finished just moments before it was served to guests in order to ensure the highest quality.

Then, came the technique of the fire. To properly serve the plate with a live flame as it was presented to guests, we needed to align the perfect time of when to light the salt. Sets of servers were paired with a culinary professional who was standing at attention in different locations throughout the event space. Servers would head to their culinary lead who would then light their line of salt on fire with a blow torch. The servers would proceed to deliver their meals to their excited guests.





## CHALLENGES + OBSTACLES

Serving a plate on fire. This is something we never tackled before due to the sheer safety risk that this culinary feat entails. Testing, timing, and practice were everything in making sure this course was served perfectly (without catching anything or anyone on fire).

The flame was a main element to the culinary experience and plate presentation. If we lost the flame, we lost our jaw-dropping “wow” factor. We also wanted to ensure we could control the size of the flame so it remained an interactive awe-inspiring element and not intimidate guests. Prior to the event, in our catering commissary, we tested different types of alcohol at different proof levels. Additionally, we needed to test how long to soak the salt to achieve the right size flame for the right duration of time. We practiced carrying the plate at different walking speeds so we could direct our serving team with the right pace they needed to walk. On the day of the event, we added in additional preparation time so we could physically walk through the service of the course with live flame.

After much preparation and testing, we were excited to successfully serve our guests a flaming plate that left them speechless.

# FLAMING SOUS VIDE CHICKEN OSSO BUCCO

## KEY RECIPES

### FLAMING SOUS VIDE CHICKEN OSSO BUCCO - SOUS VIDE CHICKEN

MEASUREMENT	INGREDIENTS	COST PER INGREDIENT	PROCEDURE
4	Bone In Chicken Thighs		Salt and Pepper Chicken Thighs and sear them skin side down on high heat for a nice golden color. Let cool. Add Chicken, tomatoes and juice from can, chicken stock, veggie stock, onions, carrots, celery, wine and bay leaf in a vacuum sealed bag and seal in vacmaster. Set Sous Vide cooker to 148 degrees and place chicken in water bath once temperature is ready. Cover water bath and cook for 12 hours. Remove chicken and all contents from bag and finish in oven set at 450 degrees for 6 minutes right before you are ready to serve it
14 oz	Diced Tomatoes in a can		
1/2 cup	Chicken Stock		
1/2 cup	Roasted Vegetable Stock		
1 cup	Onion, Finely diced		
1/2 cup	Celery, diced		
1/2 cup	Carrot, diced		
1/2 cup	Pinot Noir		
1	Bay leaf		
	Salt and pepper Blend		

# FLAMING SOUS VIDE CHICKEN OSSO BUCCO

## KEY RECIPES

FLAMING SOUS VIDE CHICKEN OSSO BUCCO - JICAMA, EDAMAME, AND POBLANO  
SUCCOTASH - Yields 2 1/2 Quarts

MEASUREMENT	INGREDIENTS	COST PER INGREDIENT	PROCEDURE
3 cups	Sweet Corn Kernals		Put all Ingredients into a large mixing bowl and toss until completely combined.
2 cups	Jicama, peeled and small diced		
2 cups	Grape Tomatoes, quartered		
2 cups	Edamame, Shelled		
2/3 cup	Poblano Pepper, seeded and finely chopped		
1/2 cup	Cilantro, chopped		
1/4 cup	Olive Oil		
2 tsp	Lemon zest		
2 tsp	Garlic, minced		
1 tsp	Smoked Paprika		
1 1/2 tsps	Salt and Pepper Blend		

# FLAMING SOUS VIDE CHICKEN OSSO BUCCO

## KEY RECIPES

### FLAMING SOUS VIDE CHICKEN OSSO BUCCO - CARAMELIZED CARROT PUREE

MEASUREMENT	INGREDIENTS	COST PER INGREDIENT	PROCEDURE
8	Carrots, Large, peeled		Heat the oven to 400 degrees. Toss the carrots with 2 tbsp of olive oil and season with salt and pepper blend. Bake until tender, about 40 to 45 minutes. In a medium sauce pan, heat 1/4 cup olive oil over medium heat. Add the shallots and garlic and cook until soft and translucent, about 6 to 8 minutes. Add carrots and white wine and cook until the wine has almost completely evaporated. Pour in carrot juice and 1 cup of water and bring to a simmer. Simmer carrots on medium low heat for about 25 minutes. Add carrots and juice from pan to a blender and blend slowly adding remaining olive oil until the puree is completely emulsified. Add lemon juice and season with salt and pepper if necessary.
2 cups	Shallots, sliced		
1/4 cup	Garlic, chopped		
1/2 cup	White Wine		
2 1/2 cups	Carrot Juice		
2 cups	Olive Oil		
2 tsp	Salt and Pepper Blend		
1 tbsp	Lemon juice		