

# COOL CLIMATE CHARDONNAY CONNECTION

The global wine celebration that simply can't be stopped.

July 17-19, 2020 | [coolchardonnay.org](http://coolchardonnay.org) | [#i4CAtHome](https://twitter.com/i4CAtHome)

## BBQ Cornish Hen | Bread Sauce | Jus – Chef Adam Hynam-Smith

### Ingredients

- 2 Cornish Hen
- 40g Dispatch Lemon Dukkah
- 250g Turkish Bread
- 50g Spanish onion diced
- 10g fresh oregano leaves
- 10g sumac powder
- Approx 1-2 cups water
- Salt to taste
- 12 Tatsoi leaves

### For the Hens

- The day before you serve your meal, have your butcher spatchcock your hens and remove all cavity bones.
- Ask your butcher to keep the bones for you so you can roast them and make a little stock for jus.
- Season your birds lightly with salt and place in the fridge uncovered to lightly cure and dry out overnight.



(Photo credit, credit Brilynn Ferguson)

### For the Jus

- Roast your reserved bones.
- Place in a small pot and cover with water.
- Bring to a simmer without boiling.
- Reduce to lowest setting and allow it to gently tick away for approx 4 hours.
- Strain the bones out and season with salt to taste.

### For the bread sauce

- Sweat your onions off in a pan with roughly 2 tbsp of olive oil over medium heat.

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- Add the sumac, oregano and bread. Stir around and then add 1 cup water
- Bring to a simmer and keep stirring.
- Remove from heat and allow to cool slightly.
- Place all ingredients into a food processor and blend until smooth. Add more water if required to create a semi thick bread sauce consistency.
- Season to taste with salt.

## *To finish*

- Pre heat oven to 200c
- Heat a cast iron skillet with 3 tbsp of oil until oil is smoking reduce heat to medium low. Carefully place in hens skin side down. And allow to cool until a golden brown sear is achieved.
- Flip the birds over and place in oven for approx 8-12 mins or until desired temp is achieved.
- Remove from oven and carefully lift out your hens and place on a tray to rest.
- Warm your jus
- Warm your bread sauce

## *To plate:*

- Sprinkle the lemon Dukkah over the skin of the hens and place the hens on your plate to one side.
- Spoon a small amount of bread sauce to one side of the hen.
- Pour the jus onto your plate.
- Garnish your hen with 3 Tatsoi leaves.

## **About Chef Adam Hynam-Smith**

Adam Hynam-Smith is the executive chef and proprietor of Dispatch, named one of enRoute Magazine's Top Ten Best New Restaurants in Canada. With global cuisine and a beverage program that evoke a sense of place while focusing on low- and no-waste preparations, Australian-born Hynam-Smith and his team will show you the way to a place that feels foreign, yet familiar. Located on Niagara's wine route in the up-and-coming arts district of downtown St. Catharines, Ontario, Dispatch offers an elevated, Australian-inspired culinary and hospitality experience without the fuss of fine dining.

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