



431 Rt. 202, Hemmingford, Québec - (450) 247-3414

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Chicken Cakes with Cortland Apples

Portions : 4

INGREDIENTS

Preparation time: 10 minutes. Cooking time: 35 minutes

15 ml (1 tblsp) butter
1 green onion, chopped
1 grated apple
454 g (1 lb) ground chicken, raw
2 ml (1/2 tsp) fresh chopped thyme
Freshly ground salt and pepper, to taste

Sauce

Oil or butter, to taste
1 green onion, chopped
1 grated Cortland apple
15 ml (1 tblsp) cider vinegar
250 ml (1 cup) chicken broth
2 ml (1/2 tsp) fresh chopped thyme
Freshly ground salt and pepper, to taste

Preheat oven at 180 °C (350 °F).

Heat butter in a frying pan and gently fry green onion at medium heat.

Remove from pan and mix with grated apple, ground chicken and thyme. Season with salt and pepper.

Separate preparation in 4 portions and place in paper baking cups in a muffin tray. Cook in the oven for 35 minutes or until meat thermometer indicates 80°C (175°F).

In the meantime, prepare sauce. Sweat the other green onion in a frying pan with the original butter, add the apple and a little more butter, if required. Sweat lightly. Deglaze with vinegar and reduce volume by half.

Add chicken broth and thyme

Reduce slightly and correct seasoning.

This recipe was created by Nicole-Anne Gagnon, chef at l'Institut de tourisme et d'hôtellerie du Québec (ITHQ). Reproduced here with the kind permission of du Poulet du Québec and la Fédération des producteurs de pommes du Québec.