



TECHNOLOGICAL NOTE N° 1

« SCHOOL-MADE » CHICKEN RILLETTES



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This rich paste called Rillettes is a traditional French pâté-like delicacy that is most of the time made with pork and eaten as a spread on bread. But other meats, such as chicken, goose, duck and even fish can be used.

We sell chicken rillettes at our school. We breed « red label » chickens from the South West on the school farm and once they are about 3 months old, they are slaughtered at LDC Abattoir in Bazas then they are sent to the ESAT in Captieux (it's a social service for disabled people) where they are transformed into delicious dishes such as chicken liver terrine, gésiers (gizzards preserve) confits, poulet basquaise (chicken cooked with pepper).

COMPONENTS/INGREDIENTS

(for a 200g jar), Serves about 6 persons.

- 1 nice average free range chicken (about 2kg) from our school farm (the ingredients mentioned below are bought at the grocery store)
- 400 g pork fat
- 2 savory sprigs (or similar aromatic herb like thyme)
- salt and pepper

TECHNIQUE

Preparation time: 60 minutes

Cooking time : 5 hours

Cut the fat up into bits and pieces and put 2/3 of it in a cooker and the rest in a saucepan.

Add water (2cm) in each container and heat over a low heat. Strip away the meat/flesh, put it in the cooker and add the savory.

Put the carcass (cut into two parts at least) and the bones in the saucepan. Cook gently for 5 hours, stirring the mixture every now and then, and more and more often as the cooking goes on. As soon as the remaining meat has come off the bones, let it cool, then mix the carcass and the pieces of meat together with the mixture in the cooker.

When the mixture in the cooker starts to glaze, remove it from the heat and take the savory out. Add Pepper and salt, stir it up and let it cool a bit.

Remove the excess of fat with a small ladle and put it in a small saucepan. Let it cool until the fat turns solid. Mix properly and fill in paraffined jars (you can buy them or save the ones you've already bought) or small glass jars and press firmly up to 1 cm down the brim. Melt the fat in the saucepan over a regular heat, then pour over the mixture in the jar up to the brim. Let the jars cool off, close the jars and keep in a cool place.

The skin of the chicken must not be put in the jars but you can cook it together with the meat, fat and carcass.

The liver and heart can be kept for an other recipe.

We recommend a dry red wine such as a Côtes du Rhône to drink with.

Nutritional value : 1724 Kj or 424 Kcal per 100g.

It will keep for about two years in a cool and dry place.



PACKAGING

Our Rillettes are sterilized with an autoclave device and kept in glass jars with seals. But you can also find them in cans, or other types of preserving jars at your grocery store.

The rillettes that we sell weighs 200g but there are various quantities, depending on the container: 150, 200, 250, 500g.



DISTRIBUTION

They are distributed individually or in cardboard boxes, depending on the number of jars requested. These chicken rillettes can be bought at our school every Friday. Whole chickens can also be ordered and bought so that you can make your own recipe at home...

But usually, Rillettes can be found in grocery stores, on markets, on farms...

They are kept and transported at ambient temperature.

USES

Traditionally, rillettes are spread on some (warm or crusty) bread (white, whole wheat or multi grain bread is possible too) as a starter or for an « apéritif » with a glass of red or white wine. They can also make the perfect picnic dish in a sandwich (baguette), into which lettuce and cornichon pickle can be added.

It is delicious combined with soft cheese, soured cream or different types of sauces.

It can be smooth, coarse or even spicy depending on the condiment you add to the mixture. In the South-West it is traditional to add chili pepper to it.

PRODUCER/CHICKEN BREEDING

Bazas Agricultural and Forestry School breeds « Red Label » poultry such as chicken, capons and guinea fowls. But the meat is transformed at the ESAT in Captieux (it's a social service for disabled people).

About 350 chicken rillettes jars are produced each year.

ANIMAL WELFARE

Our « Red Label » chickens from the South West are bred according to strict welfare standards. Animals are given food which contains 100% vegetable,

mineral and vitamins, 80% cereals minimum, 50% maize minimum. The food is not genetically modified and contains no anticoccidian.

If the breeding area is equal or less than 400m², the animals are bred in 4 different buildings on 2 different breeding sites. If the surface is equal or more than 400m², they are bred in 4 different buildings on 4 different breeding sites. An area of 2m² minimum is allocated to each animal in outdoor fenced paths.

Inside the buildings, there are 11 chickens per m² (4400 animals per shed). In other words they are given space.

The animals are slaughtered when they are between 81 and 84 years old. There are three sets of animals per year and the sheds are left empty for about 2 weeks after slaughtering for sanitary reasons.

In order to make sure the standards and rules are respected, an inspection is carried out by technicians once a year and twice a year during the breeding. But checks are also carried out by two independent organisms (SEQUOIA, AGROCERT).

EXAMPLE OF A RECIPE typical of the South-West

Rillettes of Duck

Serves 6 as a starter.

1 duck, cut into quarters, about 1.8-2.25 kg, or buy it ready quartered with the bones in

1 tablespoon chopped fresh thyme leaves

½ level teaspoon powdered mace

2 cloves of garlic, chopped

15 black peppercorns

15 juniper berries

225 ml dry white wine

1 level teaspoon salt

To garnish: a few thyme sprigs, 2 or 3 bay leaves, whole peppercorns and juniper berries, a few whole cranberries, 1 bunch watercress

Pre-heat the oven to gas mark 6, 200°C.

You will also need a 1½ pint (850 ml) terrine or loaf tin.

Begin by placing the duck joints on a rack in a shallow roasting tin, pierce them with a skewer, sprinkle salt on the skins then place them on a high shelf of the oven and leave them for 1 hour. Then remove them from the oven and drain off all the fat from the roasting tin into a bowl. The fat is excellent for cooking, so hang on to it.

Now place the duck joints in a solid flameproof casserole or saucepan, and sprinkle in the thyme, mace and garlic. Then use a pestle and mortar to crush the peppercorns and juniper berries coarsely, and add these as well. Next pour in the wine, bring everything up to simmering point, then turn the heat right down to the gentlest simmer possible and leave it like that for 2 hours. After that, pour off all the liquid into a bowl and reserve it, then have ready the terrine or loaf tin. Take a quarter of duck, place it on a board, and simply strip away the skin and bones, which will part very easily from the flesh. Then, using either two forks or just your hands, shred the pieces of duck flesh as finely as possible, and pack them into the terrine. When you have repeated this with the other duck quarters, press all the shreds of meat down very firmly into the terrine, then pour in all the cooking juices (there's no need to strain them).

Lastly, decorate the surface with the thyme, bay leaves, peppercorns, juniper berries and a few whole cranberries. Then as soon as it's cool put a lid on the terrine or cover with foil and place in the fridge until needed. You can make it well in advance as it will keep for about three days.

You can eat it as a lunch with a home-made confit, a green salad and some slightly chilled Beaujolais !