

RECIPE

CHICKEN AND CORN BREAD

NUTRITIONAL BREAD MAKING

Challenge Bake & Dine



Perfect preparation and
practice prevents poor
performance

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“Bake and Dine” Challenge (1)

The “bread takes center plate”

Description

Name of the dish

Chicken and Corn bread with a modern twist to a pastry/cooking classic.

Explanation

Bread that’s not bread but still is all bread based containing many texture profiles. A bread version of the classic French dish – Vol-au-vent.



Nutritional interest

Nutrition claims

The size of the product allows this to be consumed as the entire meal whether it be for lunch or dinner. The product has elements that could be considered unhealthy. I have therefore attempted to redefine and produce all elements in a healthy way whilst still making it an enjoyable fun meal that could potentially be made larger or smaller to suit business and family needs. The filling can also be substituted for seasonal produce:

- Organic Chicken – a good source of protein and is baked, not fried
- Corn in two ways:
 - Natural Organic Sweet Kernels – Sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision also providing dietary fibre content
 - Organic Purple Corn has a higher antioxidant capacity than blueberries with anti-inflammatory abilities promoting tissue regeneration. Also may reduce the risk of cardiovascular disease, inhibit abnormal cell growth, promote collagen formation and improve circulation.
- Corn chip – Baked, not fried, minimal sodium content.
- Sauce – A modern twist to a cheesy Béchamel sauce made without cream, butter and flour. However a small amount of cheese to add the creamy texture.
- Chilli – aids digestion, lowers blood sugars and improves circulation, prevents inflammation and rich in antioxidants.
- Micro herbs – Scientific data on the nutritional content of micro herbs has shown that micro greens do contain a higher concentration of many nutrients when compared with mature, fully grown vegetables or herbs.

“Bake and Dine” Challenge (2)

The “bread takes center plate”

The bread

Ingredients / recipe	Quantity	%
T65 Flour	0.260	70
Puple Corn Flour	0.056	15
Macerated Polenta	0.056	15
Salt	0.009	2.48
Old Dough	0.186	50
Red Dry Yeast	0.007	2
Gluten	0.007	2
Chilli Flakes	0.002	0.5
Butter	0.007	2
Water	0.204	55

Production method
Mix all ingredients in small mixing bowl
Allow to autolyse for 10 mins
Mix until dough developed with clear window
Bulk ferment 1 hour
Scale 25 mins
Shape
Proof 60 mins
Bake 15 mins 210 high bottom heat
Pull out center mold and add filling
Bake for a further 15 mis
Garnish - Add chicken, corn and decorations

The other components of the dish

Ingredients / recipe	Quantity	%
Sour Dough Corn Chip		
Macerated Polenta	0.500	
Flour T65	0.100	
Corn Flour	0.150	
Levain	0.100	
Onion Powder	0.006	
Chicken Stock	0.020	
Oil	0.050	
Parmesan Cheese	0.100	
Mix by hand to form a dough		
Refridgerate overnight		

Production method
Cook polenta at the ratio of 2 parts water:
1 part polenta
Add all ingredients to a bowl (without cheese)
Mix by hand to form a dough
Add cheese and mix through
Refridgerate overnight

“Bake and Dine” Challenge (2)

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The other components of the dish

Ingredients / recipe	Quantity	%
Corn	0.100	
Salt	0.002	
Chicken	0.350	
Tarragon	0.0002	
White Pepper	0.002	
Salt	0.004	
Lemon Juice	0.030	
Water	0.150	
Milk	0.150	
Water	0.075	
Hot set starch	0.025	
Cheese	0.150	

Production method
Pan fry corn and salt till starts to brown remove
Sear chicken, tarragon, salt and white peper
Remove from heat
Deglaze pan with lemon juice
Bring milk and water to the boil
Make surry and thicken water and milk
Melt cheese into sauce and add back chicken and corn
Cover and refridgerate overnight

“Bake and Dine” Challenge (3)

The “bread takes center plate”

Argument



Physical and flavour characteristics

Crunchy, cheesy, creamy, sweet chicken and corn



Product assessment indicators

- Crunchy base and edge to the corn chip
- Soft light textured purple corn bread
- Creamy filling with a hint of tarragon, white pepper and lemon to cut through the richness of the filling.



Source of inspiration

A healthy bread option for a chicken and corn nachos and a vol-au-vent.

The colour of the dough is utilising corn back to one of its original colours before modification.



Conditions of integration of the bread in the dish

- The base is to be crunchy.
- The dough is to be soft with a little bite from the chilli.



The role of the bread in the dish

There are two formats of bread in this product:

- The base is a sourdough corn chip using a natural levain and fermented overnight.
- The dough is a purple corn and chilli dough that helps encase the filling as well as providing flavour and texture to the product.

“Bake and Dine” Challenge (4)

The “bread takes Center plate”

Marketing interest

Targeted market

For the size that is produced for the competition is a 14cm brioche mould. This size would be for people on the run or too busy to cook a healthy meal and looking for something that is different that can satisfy a hunger. A reduction in size can be made as *hors d'oeuvres* or larger to provide a family with a meal. It has potential to satisfy all the production sizes.

Evaluation of the market size

Catered to all market sizes as the filling can be used to provide all flavour/ taste preferences. The filling and dough can be changed to suit seasonal products.

Potential sales price

Sales price can be varied due to produce used and size of product. If the business is in the CBD and you are targeting busy independent workers and providing them with a healthy meal – \$8-10 Australian dollars.

