



MasterChef  
AUSTRALIA

Official MasterChef Recipe 

# Roast Spatchcock with Sweet Corn Polenta, Pistachio and Asparagus

## Ingredients

**Spatchcock glaze**  
20g rock sugar, chopped  
1 tbs oyster sauce  
30mls soy sauce

**Spatchcock Balls**  
3 spatchcock  
60g spatchcock glaze (see recipe above)  
Oil for deep-frying

**Spatchcock confit**  
Spatchcock legs  
A½ head garlic, sliced lengthways  
A½ bunch thyme  
1 bay leaf  
2 teaspoons salt  
500ml olive oil  
1 tbs Dijon mustard  
1 egg, whisked  
50g polenta

**Spatchcock Jus**  
1tbs olive oil  
Reserved wings and bones, chopped  
1 carrot, chopped  
1 celery, chopped  
1 head of garlic, halved lengthways  
4 sprigs thyme  
1 bay leaf  
500ml chicken stock  
2 teaspoons lemon juice

**Sweet corn polenta**  
50g polenta  
2 large corn cobs  
500mls water

**Pistachio puree**  
100g pistachios, peeled  
1 clove garlic, finely chopped  
Zest of one orange  
50mls olive oil  
1 tbs vegetable oil  
2 tbs water

**Asparagus and Corn**  
1 tablespoon olive oil  
1 corn cob  
1 bunch thin asparagus  
1 tbs pistachio, finely chopped



## Method officially tested

1. **For the spatchcock glaze**, combine the rock sugar, oyster sauce and soy sauce in a small saucepan over low heat and stir until sugar has dissolved. Remove from heat and allow to cool; set aside.

2. **For the spatchcock ball**, place the spatchcock onto a chopping board, breast side down. Using kitchen scissors and starting from the tail end of the bird, cut either side of the back bone and remove along with neck. Coarsely chop and set aside. Cut off wings, trying to keep as much of the skin intact. Pull spatchcock legs, leaving skin attached. Set legs aside for confit. **(Start confit recipe now)**. Using a combination of kitchen scissors and a small knife, cut away the rib cage from the breast meat and remove. Cut away the centre bone and discard. Gently ease breast meat away from skin, making sure that it is still attached in the centre. Scrape away any excess fatty deposits, and dry with paper towel. Season breast meat with salt and pepper and roll to form a small ball. Gather skin loosely around breast meat to enclose. Secure with kitchen string and trim off any excess skin. Brush with glaze and wrap tightly with cling film; tie end of cling film. Repeat with remaining spatchcock. Poach balls in simmering water for 30min at 68 degrees celsius remove the cling film and deep fry until the skin is golden and crisp.

3. **For the confit**, preheat oven to 150 degrees celsius. Combine spatchcock legs, garlic, thyme and bay leaf and season with salt; refrigerate for 1 hour. Wash off excess salt and place in a roasting dish. Cover with oil and cook in the oven for 1 hour. Remove from oven and cool. When cool enough to handle, pick the flesh away from the bones and mix with mustard and season with salt and pepper. Spoon into mould and push down to compress. Refrigerate (or blast chill) until completely cold. Unmold spatchcock and cut into 6 even thin rectangles (look like fish fingers). Dip into beaten egg and coat in polenta evenly. Quarter fill a wok or saucepan with oil and heat to 160 degrees celsius. When hot, deep fry polenta coated spatchcock until golden and crisp. Drain on absorbent paper and keep warm.

4. **For the spatchcock jus**, heat oil in a medium pan over medium high heat and cook bones and wings for 5-10 minutes or until brown. Add carrots, celery, garlic and onion and continue cooking a further 2-3 minutes. Add thyme and bay leaf and cover with stock. Bring to the boil, then reduce heat to low and simmer for 1 hour. Skim any impurities that come to the surface. Strain stock and discard solids; return to pan and simmer a further 15 minutes

until jus is a sauce consistency. Add lemon juice and adjust seasoning.

5. **For the sweet corn polenta**, cut kernels off the cob and reserve. Place the corn cobs in a pan with 500ml of cold water. Bring to the boil and cook for 20 minutes. Remove cobs and reserve 400mls of the corn stock to make the sweet corn polenta. Using a stick blender, puree corn kernels until smooth. Strain through a sieve and extract the juice. Discard the solids. Pour the 400mls of corn stock into a medium saucepan and bring to the boil over medium heat. Gradually whisk in polenta until completely combined and thickened. Stir in corn juice and continue to cook for 10 minutes. Pour polenta into a deep tray (3cm high) and refrigerate (blast chiller) for 10 minutes. Once polenta is set, use a 3cm cutter to cut out circles from polenta. Place onto a tray and place in a low oven to keep warm.

6. **For the pistachio puree**, combine the pistachios, garlic, orange zest, olive oil, vegetable oil and water in a blender and blend until all the ingredients are combined and forms a smooth puree. Set aside.

7. **For the asparagus and corn**, remove corn kernels from the corn cob and cut asparagus into 8 cm long. Heat oil in a pan and quickly cook corn and asparagus for 1 minute or until just softened. Season well with salt and pepper.

8. To serve, spoon a line of pistachio puree in the centre of the plate. Place spatchcock ball on the left, the polenta crusted rectangle in the centre and the polenta cylinder to the right. Position asparagus around the spatchcock and polenta and sprinkle over cooked corn kernels. Drizzle with hot spatchcock jus.