

Les tours de la vie - “The Rounds of Life”

Submitted by Robert Dozier

Background:

As the ancient settlers of Earth in New Eden struggled to survive their new home away from Earth, survival was very important. The need to make food stretch as long as possible was extremely necessary. These ancient settlers brought a couple of staples with them, Chicken and Rice. These two items became a staple for them, however, at the time trying to survive on new worlds they needed something that combined was both calorie-dense while portable. Chicken wrapped in rice became a popular meal to go. As they ancient settlers grew in the Gallente Federation, the Gallente people did not want to forget their past so this simple recipe was passed down from generation to generation and became an important item in the history of Gallente.

Of course, as survival became less of a day to day struggle the people of the Gallente Federation found new improved recipes to celebrate this historical meal. Now in the present, this recipe of the “Les tours de la vie” has been come more of a delicacy than a staple item for survival. However, the recipe can be enjoyed by all, from the blue-collar workers in the factories to the high levels of society. This is something that all enjoy and cherish as they look at what they overcame from their past.

Ingredients:

Rice Mixture - Risotto:

- 2 tablespoons of Extra Virgin Olive Oil
- 3 cloves of Garlic minced
- 2 Cups of Arborio Rice
- Dry White Wine
- 3 cups of Chicken stock
- 1 cup of Water
- ½ cup of Parmesan Reggiano Cheese

Chicken Filling

- ½ lbs of chicken boneless thighs - cut in the ½ inch pieces
- 1 shallot finely chopped
- ¼ tsp ground cloves
- ⅛ tsp ground turmeric
- 2 cloves of garlic minced
- Salt & pepper to taste
- Greens of 3 carrots roughly chopped
- ¼ of soy sauce
- 1 egg white
- ¼ bread crumbs (optional)

Cooking Liquid

- 6 cups of water
- Handful of Kosher Salt
- 2 tablespoons of Red Wine Vinegar

Topping

- Any color of food coloring
- Sour Cream (optional)

Directions:

To make the rice mixture - Risotto

- Add oil to a medium pot on Medium-High Heat
- Add minced garlic and saute for approx. 1 minute
- Add Rice - Saute the rice for approx. 1 to 2 minutes - keep moving rice
- Add White wine and stir, let the liquid evaporate
- Slow add Chicken Stock - about ½ cup at a time, let liquid cook-off and evaporate. Once Chicken stock is gone, add water in the same manner
 - Do this process for about 15 to 20 minutes
- Once Mixture is creamy and has a soft texture, remove from heat and add in cheese
- Let the mixture sit in the pot for 5 minutes to absorb remaining liquid and remove to a bowl to cool down for about 15 minutes for cool enough to handle

Chicken Filling:

- Saute Green over medium heat in oil and garlic for approx 5 minutes, finish with soy sauce and saute for another minute
- With a Food Processor add:
 - Chicken Thighs, shallots, cloves, turmeric, garlic, salt and pepper
 - Add saute greens
- Run Food Processor until ingredients are broken down
- Add one egg white and run Food Processor until mixture just comes together

Cooking Filling

- Add water to the pot, add salt and red wine vinegar - bring to boil
- Using a small scope - scope small balls of the mixture into the cooking liquid
- Cook for approx 10 minutes or until small ball mixture reaches 165 degrees F
- Scoop out with a slotted spoon and rest on a plate with paper napkins

Final Steps

- Once Filling has cooled take a handful of risotto (rice mixture) and wrap around one piece/ball of the chicken mixture. Rice will be sticky so make you have a bowl of cold water to rinse your hands off

- Shape into balls
- Either fry in 350 degrees F oil for approx 5 minutes making sure you turn the balls on all sides.
- Or bake in a 375 degree F oven for approx 20 to 25 minute to develop a firm crust on the outside

Finishing

- Finish off some food color to give some flair and top with a small dollop of sour cream