

CHICKEN CAUSA ELIM

Gluten Free Dairy Free

Low Chemical

Makes 6 entrees

Need a 4 inch diameter ring mould

Ingredients:

Chicken filling

- 1.5 kg whole chicken
- ½ leek
- 4 sprigs parsley
- 1 stalk of celery, finely diced
- 2 choko's
- 3 Tbsp Elim Mayonnaise...pre-made
- Salt to taste

Potato Layer:

- 1.2kg white potatoes
- 30ml rice bran oil
- 30ml reserved chicken stock (from the poaching water above)
- ½ leek, diced
- 2 clove garlic, crushed

Decoration: ¼ purple cabbage and extra parsley

Elim Mayonnaise GF DF Low chemical

<https://glutenfreenutrition.com.au/elim-mayonnaise-gf-df-low/>

Method:

- Place the whole chicken in a large saucepan and cover with salted water
- Add chopped ½ leek and 2 sprigs of the parsley
- Bring the pot to the boil, turn down the heat and simmer for about 1 hour (until the chicken is cooked), with the lid only partially covering the pot.
- Reserve about ½ cup of the stock liquid when the chicken is cooked
- Shred and finely chop the chicken
- Mix with very finely diced celery, the other chopped sprigs of parsley and the mayonnaise. Salt to taste.

Vegetables:

- Peel and slice the choko's and cook (microwave) until quite tender. Set aside
- Dice the purple cabbage, cook until soft, then puree to a paste for the decoration



Potatoes:

- Peel the potatoes, chop them and boil them in salted water until tender
- Fry in some oil, on a low heat until tender, the remaining ½ leek and garlic. Cool and then puree to a paste.
- Drain the potatoes and place in a bowl to mash
- Add the leek and garlic puree, and 30ml each of the rice bran oil and reserved stock.
- Mash the potato. Add extra reserved stock if the consistency of the potatoes requires it. The potato needs to be stiff enough to hold their shape when moulded.

This dish is served cold, so it can be made earlier on the same day and kept in the fridge until serving time.

Plating:

- Divide the potato mixture into 6, the chicken mixture into 6 and the choko's into 6
- Place a greased, 4 inch ring mould in the centre of the entrée serving plate
- Each causa has 2 layers of potatoes; bottom and top. So take one sixth of the potato mixture and divide this into 2.
- Place the first half of the potato into the bottom of the mould. It should at least 1cm high
- Cover the potato with one sixth of the cooked choko's
- Cover the choko with one sixth of the chicken mixture; ~ 1 cm high layer
- Top the chicken with the remaining half of the potato mixture for that causa; again ~ 1 cm high
- You can remove the ring mould and repeat this on the other serving dishes
- You can refrigerate it at this point for a few hours, or serve it straight away (which is how I prefer it)
- Don't add the purple cabbage decoration until serving time, or a purple mark will spread on top of the white potato.

Serving:

- This is usually served as an entrée dish.
- Although it can be refrigerated for several hours, I prefer the dish not to be that cold, and served more room temperature to slightly warm.
- You might enjoy it as a part of your Christmas dinner.