



Vol au Vents

AROUND THE WORLD



MOROCCO - Tangiers Chicken Vol au Vent



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Tangiers Chicken Vol au Vent



RECIPE

Ingredients

Vol au Vent (de Boer Food R00100)
Tangiers Chicken Vol Au Vent Filling,
see recipe

Amounts

1 each
6 oz (vol.)

Preparation Method:

- Place warm Vol au Vent shell in center of plate.
- Push down center of shell to increase depth.
- Fill Vol au Vent with Tangiers Chicken Vol au Vent Filling.
- Garnish as desired.
- Serve immediately.

RELATED RECIPE - Tangiers Chicken Filling

Ingredients

Olive Oil
Chicken Breast, boneless, skinless, diced
Sweet Onion, diced
Celery, diced
Garlic, chopped
Carrots, diced
Ginger, chopped

Amounts

2 oz (vol.)
2 Lb (wt.)
6 oz (vol.)
6 oz (vol.)
2 Tbsp
4 oz (vol.)
2 Tbsp

RELATED RECIPE - Tangiers Chicken Filling (cont.)

Ingredients

Kosher Salt
Paprika
Cumin, ground
Oregano Leaves, dried
Cayenne Pepper
Turmeric
Chicken Stock
Tomatoes, crushed
Chickpeas, drained and rinsed
Zucchini, diced
Lemon Juice

Amounts

2 tsp
1 tsp
1 Tbsp
2 tsp
½ tsp
1 tsp
3 cups (vol.)
1 cup (vol.)
1 cup (vol.)
1½ cups (vol.)
2 oz (vol.)

Preparation Method:

- Heat oil in sauce pan. Add chicken and cook until lightly browned.
- Add onions, celery, garlic and carrots. Cook until onions are translucent.
- Add ginger, spices and herbs. Continue to cook for 1-2 minutes.
- Add chicken stock and tomatoes. Simmer for 15-20 minutes.
- Add chickpeas and zucchini. Continue to simmer for an additional 10 minutes.
- Stir in lemon juice. Adjust seasonings if necessary.
- Remove from heat.
- Hold hot until ready to use.



Dinner Vol au Vent/Bouchée 4"
R00100 - 48 pcs/case

