

Molecular Lemon Herb Chicken with Rice Sphere

A modernist twist on classic chicken with rice infused with lemon herbs, featuring delicate chicken espuma and aromatic rice spheres that burst with flavor.


60 min

Total time

Hard

Difficulty

420

kcal / serving

Ingredients

- 100g boneless chicken breast
- 50g jasmine rice
- 100ml chicken broth
- 10ml lemon juice
- 5g fresh thyme
- 5g fresh rosemary
- 2g agar-agar
- 2g soy lecithin
- Salt to taste
- Pepper to taste
- 10ml olive oil
- Edible lemon zest for garnish

Steps

- 1 Cook jasmine rice in chicken broth until tender, then blend until smooth and mix with agar-agar. Heat gently until agar dissolves, pour into silicone molds, and refrigerate to set into spheres.
- 2 Season chicken breast with salt, pepper, chopped thyme, and rosemary.
- 3 Using a siphon, blend cooked chicken breast with lemon juice and olive oil until smooth, then add soy lecithin and aerate to create a light chicken espuma.
- 4 Plate by placing rice spheres elegantly on the dish.
- 5 Spoon or pipe chicken espuma over or beside the rice spheres.
- 6 Garnish with edible lemon zest and a sprig of fresh herbs.
- 7 Serve immediately to enjoy the unique textures and flavors.