ROCK

Caraway seeds/lavender/mugwort
nutmeg/cedarwood/incense
patchouli (labiate)/leather/benzoin (resinous light vanilla/chocolate)

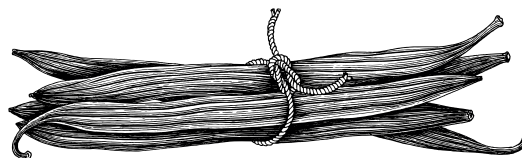**Chicken thighs stuffed with mashed potatoes with a hint of vanilla**
Chocolate sauce with lavender
Coleslaw with caraway seeds

Chicken thighs stuffed with mashed potatoes with a hint of vanilla

- 2 chicken thighs
- 150 g peeled potatoes
- 20 g cooking butter
- 15 g chopped onion
- ½ vanilla pod
- 1 egg
- salt and pepper
- a dash of canola oil

How to prepare
Chicken thighs (boneless), or remove the bones using a knife.
Cover the chicken meat with cling film and use a meat tenderizer to form thin pieces.
Dice the potatoes, place in a saucepan, cover with water, add a little salt, and boil until soft.
Cut open the vanilla pod and scrape out the pulp.
Preheat the oven to 150°C.

How to cook
Heat the butter in a saucepan, add the onion and sauté.
Crack the egg into a bowl and beat lightly with a whisk.
Drain and puree the boiled potatoes, then add the vanilla pulp, sautéed onion, and beaten egg.
Season with salt and pepper and use a whisk to blend everything together into a creamy mass.
Spread the mixture over the tenderized chicken legs and roll up each piece.
Sprinkle a little canola oil on a baking tray, add the chicken, and season with salt and pepper.
Place in the preheated oven and bake for 20 minutes. Then increase to 180°C and bake for
5 minutes more.

Coleslaw with caraway seeds

- 1 cooking spoon   salt   (approx. 2 g)
- 1 tbsp   canola (10 g)
- 1 tbsp   vinegar (10 g)
- 1 cooking spoon   caraway seeds (approx. 2 g)

How to prepare
Take 1/8 of a cabbage (approx. 160 g) and cut into thin strips.

How to cook
Place the cabbage in a bowl, combine with the other ingredients, briefly knead and leave to sit for approx. 1 hour.

Chocolate sauce with lavender

- 100 g   milk
- 50 g   cream
- 80 g   chocolate
- A little   fresh lavender

How to prepare
Bring the milk and cream to a boil in a saucepan and add the chocolate while stirring constantly.
Add the lavender at the end.
Pour the sauce into a bowl and allow to cool for a few minutes.