

Miele

Honey-brined grilled chicken

By Miele

20 minutes plus refrigeration time

Preparation Time

1 hour

Cooking Time

6 serves as part of a banquet

Serves

INGREDIENTS

Spiced honey brine

2 litres (8 cups) water

1 large shallot, thinly sliced

4 garlic cloves, crushed

3 cm piece ginger (15 g), thinly sliced

2 tbsp Szechuan peppercorns

4 star anise

2 tsp cardamom pods

75 g (1/3 cup firmly packed) brown sugar

360 g (1 cup) honey

100 g (1/3 cup) coarse cooking salt

60 ml (1/4 cup) soy sauce

Grilled chicken

6 chicken legs

To serve

Spring onions, sliced

METHOD

Spiced honey brine

- 1. Bring 1 cup of the water to the boil in a saucepan on high heat, induction setting 9. Add the shallot, garlic, ginger and spices into the boiling water and remove from the heat. Allow to steep, for 5 minutes.
- 2. Place the remaining water, brown sugar, honey, salt and soy sauce into a separate saucepan on a medium heat, induction setting 7. Simmer for 5 minutes, or until sugar and honey has dissolved.
- 3. Add the steeped onion mixture and stir. Set aside to cool to room temperature.

Grilled chicken

- 1. Once the brining mixture has cooled add the chicken legs. Cover and place into the fridge for 24 hours.
- 2. Remove chicken from the liquid and strain the brine through a fine mesh sieve.
- 3. Reserve 500 ml of liquid, discard the rest including the spices.
- 4. Pat the chicken dry with paper towel before placing onto a tray. Refrigerate for at least 2 hours, uncovered.
- 5. Remove the chicken from the fridge and place onto a grilling and roasting insert in a universal tray.
- 6. Place the tray into the combi steam oven on shelf level 2. Select Combi Mode:
 - Stage 1: Fan Plus at 200°C + 95% moisture + 25 minutes
 - Stage 2: Fan Plus at 200°C+ 0% moisture + 12 minutes
 - Stage 3: Grill setting 3 + 4 minutes + 0% moisture.
- 7. Pour the reserved brine in a saucepan and heat on high heat, induction setting 7 and bring to the boil and reduce by half.

To serve

1. Place chicken on a dish, spooning over the reduced pan juices. Garnish with spring onions and serve with steamed greens.

Hints and tips

- To French chicken legs, run a sharp knife around the bottom of the leg to cut the skin.
- Chicken Marylands can also be used in this recipe.
- Leaving chicken uncovered in the refrigerator helps the skin to crisp.
- This recipe serves 6 amongst other dishes. Double the recipe if serving alone.
- Vacuum seal the chicken in brine for a quicker marinating time.