

**Miele**

# Asian brined grilled chicken

By Miele

**24 hours**

Preparation Time

**1 hour**

Cooking Time

**6-8 serves**

Serves



## INGREDIENTS

6 chicken legs

### Brine liquor

2 litres water  
1 large shallot, sliced thinly  
4 garlic cloves, crushed  
1 tbsp ginger  
2 tbsp Szechuan peppers  
4 star anise  
2 tsp cardamom  
1/3 cup brown sugar  
1 cup honey  
1/3 cup salt  
1/4 cup soy sauce

### To serve

Spring onions, sliced

## METHOD

### Brine

1. Place the chicken legs into two large vacuum sealing bags.
2. Bring 250 ml 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 5-10 minutes.
3. Place the remaining 1.75 litres of 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.
4. Add the steeped onion mixture and stir. Set aside to cool to room temperature.
5. Once the brining mixture has cooled, pour over the chicken legs in the vacuum sealing bags. Place into the vacuum sealing drawer and Vacuum on setting 1 and Seal setting 3. Refrigerate for 24 hours.
6. After 24 hours, remove chicken from the brine and strain through a fine mesh sieve. Reserve 500 ml of liquid and discard the rest including the spices. Pat the chicken dry with paper towel before placing onto an uncovered baking tray. Refrigerate for at least 2 hours.

### Chicken

1. Line a multi-purpose tray with baking paper and place the grilling and roasting insert on top. Remove chicken from the refrigerator and place onto the insert.
2. Place the tray into the combi steam oven on shelf position 2. Select Combination Mode:
  - Stage 1: Fan Plus at 200°C + 25 minutes + 95% moisture
  - Stage 2: Fan Plus at 200°C + 12 minutes + 0% moisture
  - Stage 3: Grill setting 3 + 4 minutes + 0% moisture
3. Remove from the oven and rest for 10 minutes.
4. 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.