



Miele

Poached Chicken Sandwich

By Miele

20 minutes, plus proving time

Preparation Time

50 minutes

Cooking Time

6 serves

Serves

INGREDIENTS

White bread (in a loaf tin)

2 tsp (7 g) dried yeast
½ tsp caster sugar
350 ml warm water
(approximately 37°C)
500 g (3 ½ cups) Baker's flour
2 tsp salt flakes
1 tbsp butter, softened

Chicken and rocket sandwich

1 chicken breast,
approximately 250 g
125 g (½ cup) homemade or store
bought mayonnaise
1 tbsp finely chopped chives
Salt flakes and pepper, to taste
20 g rocket leaves

Miele Accessories

Steam containers

METHOD

White bread

1. Combine the yeast, sugar and water. Stand in a warm place for 10 minutes or until the mixture starts to bubble.
2. Combine the flour, salt and butter in the bowl of a freestanding mixer with a dough hook attachment. Add the yeast mixture to the bowl and mix on low speed to combine ingredients. Increase the speed to medium-high and mix for 8 minutes, or until a smooth ball forms.
3. Place the dough into a greased bowl and place in the oven on Prove yeast dough and prove for 45 minutes, or until the dough doubles in size.
4. Grease and flour a 24 cm loaf tin.
5. Turn the dough onto a lightly floured bench. Gently shape the dough into a rectangle and place into the prepared tin, seam side down.
6. Place back into the oven on Prove yeast dough and prove for 15 minutes.
7. Remove the dough from the oven and select Fan Plus at 210°C. Position a rack on shelf level 2.
8. Once the oven has reached temperature, change the oven function to Moisture Plus with Fan Plus at 210°C with two manual bursts of steam, releasing the first burst of steam immediately and the second after 10 minutes. Place the bread onto the rack and cook for 35 minutes or until cooked through.
9. Remove the bread from the tin once cooked. Cool completely before slicing.

Chicken and rocket sandwich

1. Place the chicken breasts into an unperforated steam container. Place into the steam oven and Steam at 85°C for 15 minutes. Remove and cool to room temperature.
2. Cut the chicken into small cubes.
3. Place the chicken into a bowl with the mayonnaise and chives. Season to taste.
4. Spread the chicken filling over 6 slices of bread, top with rocket and remaining bread.

Hints and tips

- This recipe is a great base to start baking in the oven using Moisture Plus. Combined with the essential poached chicken recipe and mayonnaise, it makes the perfect sandwich.
- Refresh the bread in your oven on Fan Plus at 180°C with one burst of steam.