

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.