

## LEMON CHICKEN

### EQUIPMENT

CHEF'S KNIFE, DEEP SIDED FRYPAN, TONGS, MIXING BOWLS

### INGREDIENTS

2 CHICKEN MARYLANDS, 2 FINELY DICED SHALLOTS, 2 LEMONS (1 SLICED), 15 SAGE LEAVES,  
5 SPRIGS THYME, 100GM WHITE WINE, 100GM CHICKEN STOCK, EXTRA VIRGIN OLIVE OIL,  
SALT FLAKES, CRACKED BLACK PEPPER

### METHOD

IF YOUR CHICKEN MARYLANDS STILL HAVE THE SPINE ATTACHED YOU WILL NEED TO REMOVE IT. (REFER TO VIDEO FOOTAGE)

CUT EACH MARYLAND IN HALF LEAVING YOU WITH TWO THIGH PIECES AND TWO DRUMSTICKS

HEAT THE FRYPAN OVER MEDIUM HEAT AND SEASON THE CHICKEN ON BOTH SIDES WITH SALT AND PEPPER. ADD A SPLASH OF OIL TO THE FRYPAN AND PAN-FRY THE CHICKEN PIECES SKIN SIDE DOWN FOR 3-4 MINUTES UNTIL GOLDEN BROWN.

ONCE GOLDEN TURN THE CHICKEN PIECES OVER AND COOK FOR A FURTHER 2 MINUTES ON THE OTHER SIDE

REMOVE THE CHICKEN FROM THE PAN AND SET ASIDE, RETURN THE PAN TO THE HEAT AND FRY THE SLICED LEMON UNTIL BEGINNING TO COLOUR.

NEXT ADD THE DICED SHALLOT, ZEST OF 1 LEMON AND HERBS AND COOK FOR 1-2 MINUTES UNTIL THE SHALLOT BEGINS TO SOFTEN

ADD THE WHITE WINE AND THE JUICE OF 1 LEMON AND REDUCE UNTIL ALMOST ALL OF THE LIQUID IS EVAPORATED.

NEXT ADD THE STOCK AND BRING IT UP TO THE BOIL OVER HIGH HEAT, ONCE BOILED REMOVE FROM THE STOVETOP AND RETURN THE CHICKEN PIECES TO THE PAN SKIN SIDE UP. PLACE THE PAN INTO A PRE-HEATED OVEN COMBI SETTING 165°C FOR 40-45 MINUTES

ONCE COOKED REMOVE THE PAN FROM THE OVEN AND SPOON THE CHICKEN OUT INTO A LARGE SERVING BOWL AND SERVE WITH SOME STEAMED VEGETABLES OR RICE, GREEN SALAD AND CRUSTY BREAD.

### HINTS & TIPS

- HAVING JUST ENOUGH STOCK IN THE PAN TO COVER HALF OF THE CHICKEN IS THE KEY TO THIS DISH, THIS WILL ALLOW THE FLESH TO BE TENDER AND JUICY BUT STILL LEAVE A CRISPY SKIN
- TO ENSURE THIS DISH IS NOT OVERLY ACIDIC BE SURE TO "COOK OUT" THE WHITE WINE UNTIL IT HAS ALL EVAPORATED