

# ONE SHEET SAFFRON CHICKEN, PEARL BARLEY AND WINTER VEGETABLES

## EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, SOLID BAKING TRAY, TONGS, LARGE SPOON, FRYPAN, MICROPLANE

## INGREDIENTS

3 X CHICKEN MARYLAND, 100GM BLACK OLIVES, 2 LEEKS,  
1 BUNCH DUTCH CARROTS, 3-4 SPRIGS THYME, 10 STRANDS SAFFRON,  
375ML CIDER, SALT, PEPPER, 4-5 SPRIGS PARSLEY, 2 LEMONS  
EXTRA VIRGIN OLIVE OIL, 50GM BUTTER

## METHOD

TO BEGIN: PLACE THE PEARL BARLEY INTO A MIXING BOWL AND COVER WITH COLD WATER AND LEAVE TO SOAK FOR 45 MINUTES OR OVERNIGHT.

CUT THE CHICKEN MARYLANDS IN HALF AND PLACE INTO A MIXING BOWL. SEASON WITH SALT, PEPPER, SAFFRON, PICKED THYME LEAVES AND LEMON ZEST, CAPERS AND OLIVES. POUR OVER THE CIDER AND MIX ALL INGREDIENTS TOGETHER AND SET ASIDE TO MARINATE FOR 30 MINUTES OR OVERNIGHT IN THE FRIDGE.

PEEL THE CARROTS AND RINSE IN COLD WATER, STRAIN AND RINSE THE PEARL BARLEY AND PLACE IT ON THE BAKING TRAY WITH THE CARROTS, LEEKS CUT INTO 3CM PIECES.

PLACE THE FRYPAN OVER MEDIUM HEAT AND ONCE HOT ADD A SPLASH OF EXTRA VIRGIN OLIVE OIL. PAN-FRY THE CHICKEN PIECES SKIN SIDE DOWN AND ONCE GOLDEN BROWN PLACE ON THE TRAY WITH THE OTHER INGREDIENTS.

SEASON ALL THE INGREDIENTS AND POUR THE CIDER AND ALL THE MARINATE INTO THE TRAY. PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING (50%-75% STEAM) 185 °C FOR 45 MINUTES.

ONCE COOKED REMOVE FROM THE OVEN AND ADD THE BUTTER TO THE TRAY, LET REST FOR 6-8 MINUTES, SCATTER OVER PICKED PARSLEY LEAVES AND SERVE ON A LARGE SHARE PLATE.

## HINTS & TIPS

- THIS IS A SIMPLE AND RELATIVELY CHEAP MIDWEEK DINNER THAT REQUIRES VERY LITTLE PREPARATION AND EFFORT AND USES YOUR COMBI OVEN TO GREAT EFFECT.
- IF YOU HAVE THE OPTION ADD 50%-75% STEAM FOR SUPER SUCCULENT CHICKEN.