YOUR GUIDE TO FOOD AND TRENDS

HATCH



September 2023

Moy park

Pilgrim's

MOY PARK KITCHEN



GUINNESS FRIED CHICKEN

Page 38



HELLO

Welcome to the fourth edition of Hatch: Taste and Trends for 2023.

In this fourth edition of Hatch we are celebrating the world's ultimate comfort food: fried chicken. We will explore its much-debated origins, trace how fried chicken has evolved, and assess the culinary landscape, to see how this global food phenomenon has grown to play a massive role in satisfying our appetite for new textures, tastes and flavour experiences.

Moy Park's chef team have also curated 15 finger-licking recipes to inspire you and take your fried chicken game to the next level.

We would love to hear what you think of Hatch. Let us know by emailing **hellohatch@moypark.com**.

Debs Wharton

Debra Wharton,
Director of Innovation

CONTRIBUTORS

FOOD, RECIPES & CONTENT
Aaron Dixon, Julia Winters, Steve Dallas & Dean Skinner

EDITOR
Aaron Dixon

FEATURES
Newlyweds Foods

PHOTOGRAPHY
Sharon Cosgrove

FOOD STYLIST
Karyn Booth

CREATIVE DIRECTION, PUBLISHING & PRINT
Whitenoise Studios

Contents

FRIED CHICKEN: WHAT IS IT AND WHERE DID IT COME FROM? 4

THE HISTORY OF FRIED CHICKEN 6

NEW YORK, THE CITY THAT ALWAYS EATS… BY CHEF AARON DIXON 8

POSH CHEFS DO FRIED CHICKEN 10

THE STORY OF JAPANESE PANKO BREADCRUMB BY NEWLYWEDS FOODS 12

THE HOT LIST BOOKS, RESTAURANTS & BLOGGERS 14

THE WORLD OF FRIED CHICKEN 16

CLUCKS, CRUNCH & MUNCH RECIPE SECTION 20

PARMA VS PARMI BY CHEF DEAN SKINNER 32


JUST PICTURE IT...
PERFECTLY CRISPY
AND GOLDEN...
Fried Chicken

WHAT IS IT AND WHERE DID IT COME FROM?

For many, fried chicken is a joy like no other, with an almost religious following and a devoted flock that grows by the day!

Fried chicken (also known as Southern fried chicken) is a dish consisting of chicken pieces that have been coated with seasoned flour or batter, before being pan-fried, deep-fried, pressure fried, or (most recently) air fried.

The breading gives a crisp coating or crust to the exterior of the chicken, while retaining juices in the meat. Fried chicken comes in many forms, shapes and sizes, including legs, wings, thighs and nuggets, to name just a few!

But have you ever stopped and wondered when and how fried chicken was invented?

Let's take a look back to find out more...



THE HISTORY OF FRIED CHICKEN

Fried chicken is seen by many as a stalwart of the USA, particularly in the Deep South of the United States; it is revered and as synonymous with the southern states as collard greens and sweet potato pie.

There is much debate about the origins of fried chicken, and you may be surprised to find that despite its prevalence in the USA, it may have originated in Scotland or West Africa.

The Scottish were reportedly the first Europeans who deep-fried their chickens in fat;

similarly, there is some evidence of West Africans cooking seasoned fried chicken, through battering and cooking chicken in palm oil.

Scottish frying techniques and West African seasoning techniques were combined by enslaved Africans and African Americans in the American South, and it is believed that this is how fried chicken arrived in the US.

The expression "fried chicken" was first recorded in the 1830s, and frequently appears in American cookbooks of the 1860s and 1870s.



Fried chicken provided a means of income for enslaved and segregated African-American women.

The ingredients were expensive at this time and as a result fried chicken was (despite popular belief) a rare dish in the African-American community, reserved for special occasions: however, when the dish was introduced to the American South, fried chicken became a common staple.

Africans were brought to work on southern plantations, where the enslaved people became cooks and incorporated seasonings and spices that were absent in traditional Scottish cuisine, enriching the flavour. Most enslaved people were unable to farm expensive meats, but were generally allowed to keep chickens, allowing African American communities of the South to fry chicken on special occasions, especially in the periods of segregation that prohibited access to most restaurants for the black population.





Before the industrialization of chicken and the creation of broiler chicken breeds, only young spring chickens would be suitable for the high heat and relatively fast cooking time.

Older, tougher birds required longer cooking times at lower temperatures; to compensate for this, tougher birds were sometimes simmered in water until tender, and this is thought to be where buttermilk was introduced into fried chicken, as a marinade preparation to help tenderise older, tougher birds.

American-style fried chicken gradually became a classic Southern dish as its popularity spread,

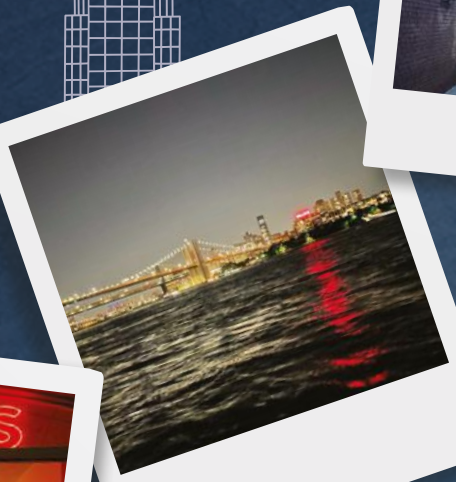
and fried chicken continues to be a top choice for "Sunday dinner" and holiday dishes, featuring on menus for Independence Day and Christmas. During the 20th century, chain restaurants focused on fried chicken which triggered a boom in the fast-food industry, with brands such as Kentucky Fried Chicken (KFC) and Popeyes expanding in the United States and across the world. Fried chicken is now so popular in the US that the 6th July is officially observed annually as National Fried Chicken Day!

New York

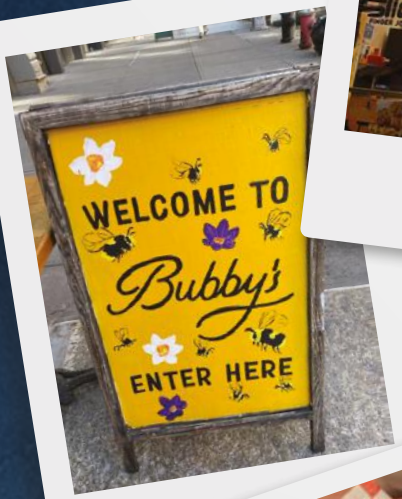
THE CITY THAT ALWAYS EATS...

By Chef Aaron Dixon















My NYC guide to the best fried chicken

In the summer of 2022 I ventured to New York City on a food safari, to take a deep dive into the world of fried chicken and to eat my way around the five boroughs in search of the best fried chicken NYC has to offer.

The world of fried chicken has evolved so much, and been adopted by so many cultures, and NYC is awash with restaurants, street food vendors and fast-food joints that are a melting pot of mashed-up flavours and ingredients that take fried chicken to new heights.

I have included some of the highlights from my trip in our recipe section, such as the **"Pecker"** which is our take on Michelin-trained chef Eric Huang's Pecking House favourite. You'll also find Sweet Chick's **"Sweet tea-brined salted caramel tenders"** and the Indian railroad inspired **"Chicken 65"** from Chote Miya at Brooklyn's Time Out Market.



ROOSTER BOY

Time Out Market's street food vendor and some of NYC's best fried chicken in my opinion. Their koji-brined, skewered chicken thigh "nuggets" were a umami enriched revelation.

ROWDY ROOSTER

Indian-spiced fried chicken in the East Village. Big, bold flavours complimented with punchy salsas and cooling raitas.

FUKU

Renowned Korean-American chef David Chang's takeaway restaurant. Stars of the show included the chicken sando sandwich and smashed chicken patty.

SWEET CHICK

Owned by US rapper Nas, Sweet Chick is one of the OG's of the NYC fried chicken scene. They pair fried chicken with artisan brews and are famous for their chicken & waffles. The 24hr sweet tea-brined chicken tenders with salted caramel sauce were my favourite: deliciously sticky, savoury and sweet.

BUBBY'S

Everyone needs to try chicken and pancakes for breakfast at least once. Bubby's succulent bone-in chicken is served atop their famous homemade pancakes, and doused in bourbon maple syrup: definitely one to set you up for the day!

JACOB'S PICKLES

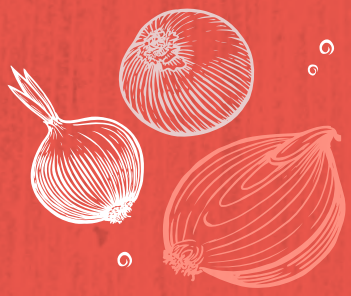
More a community than a restaurant. Jacob's Pickles brings Southern comfort classics including fried chicken with biscuits and gravy and Nashville hot chicken to the table, with lashings of their house pickles.

BLUE RIBBON FRIED CHICKEN

New Jersey brothers Eric and Bruce Bromberg have been serving their famous matzo meal-crumbed chicken since 1992. The matzo meal gives their chicken a unique texture and flavour that sets it apart from the competition.

CHOTE MIYA

With locations in Chelsea Market and Time Out Market in Brooklyn, the Chote Miya team bring their Indian street food to the masses of NYC. Their Chicken 65 dish includes succulent pieces of Indian-spiced chicken thigh, coated in a bhaji style batter and tossed in curry-spiced hot honey. It was not only a highlight from their menu, but the most delicious fried chicken I ate in New York.



Posh Chefs do Fried Chicken

Fried chicken is so popular that some of the world's top chefs have succumbed to its crunchy charms. From Michelin-starred chefs to some of the world's most famous foodies, everyone is getting their fried chicken game on.





Judy Joo

Judy Joo is a French-trained, Korean-American chef, writer and restaurateur whose culinary expertise spans the globe. She is renowned for her KFC (Korean Fried Chicken).

"I have always loved fried chicken. But even though I grew up eating it in America, for me, 'KFC' stands for Korean fried chicken. There are many different versions, but what they all have in common is a very thin, hard, crisp coating, which comes from using cornflour instead of flour, as well as double frying.

My take on the dish, which includes vodka and matzo meal, is a little unorthodox and has a fair number of ingredients, but I call it 'ultimate' for a reason. To make it even better, serve with pickled radish and ice-cold beer"

You can find Judy's recipe for her KFC in her book, **Korean Food Made Simple: Easy and Delicious Recipes to Prepare at Home**.



Thomas Keller

Thomas Keller is an American chef, restaurateur, and cookbook author. He and his landmark Napa Valley restaurant, The French Laundry in Yountville, California, have won multiple awards from the James Beard Foundation. His restaurants are perennial winners in the annual Restaurant Magazine list of the Top 50 Restaurants of the World.

When Chef Keller was a boy, the fried chicken he knew and loved the best was from a fast-food chain. His palate has evolved since then.

Early in his career, Chef Keller found that fried chicken had fallen out of favour in many kitchens. Today, it's back in fashion, and a mainstay at many top restaurants around the country. He serves his famous buttermilk fried chicken every Monday at his Ad Hoc restaurant in Yountville, California.

Chef Keller's buttermilk fried chicken recipe is available online, by searching Thomas Keller's buttermilk fried chicken.



David Chang

David Chang is an American-Korean restaurateur, author, podcaster and television personality. He is the founder of the Momofuku restaurant group. In 2009, Momofuku Ko was awarded two Michelin stars. He co-founded the influential food magazine Lucky Peach in 2011 and in 2018, Chang created, produced and starred in a Netflix original food series called Ugly Delicious.

"I came up with this approach to fried chicken at the Momofuku Noodle Bar in Manhattan. I steam the chicken first, just until it's cooked, then use the fryer to simply crisp and brown the outside. Because of the sugar in the brine, the chicken browns deeply and quickly.

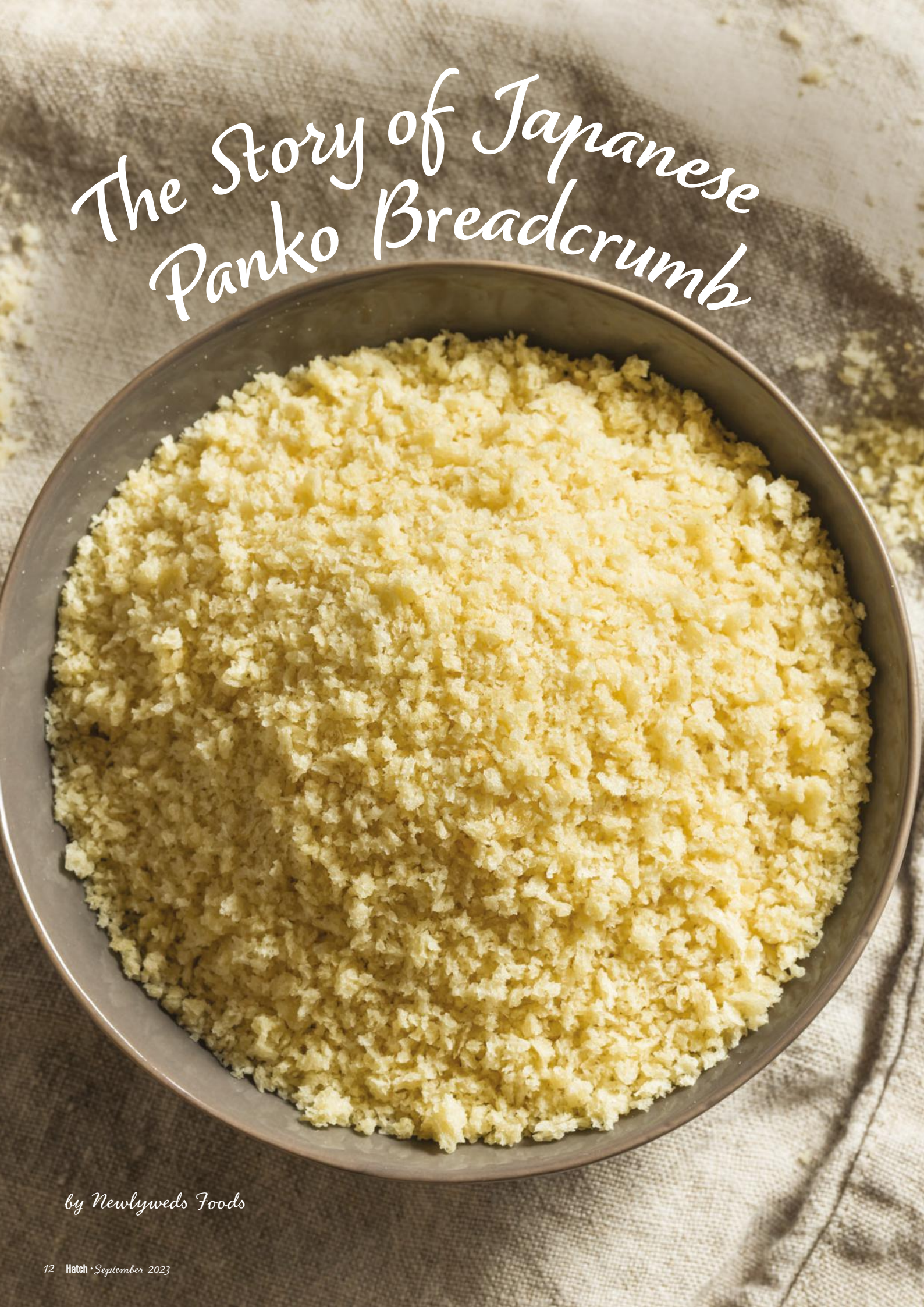
Frying the chicken this way means the bird spends less time in the oil, which makes it easier on you, the home cook, to cook a batch on a random weeknight. The other ingredients are few and gluten-free, which means you get a fried chicken unfettered with excess, but that excels in terms of simple, pure taste. The Korean-inspired vinaigrette in which you douse the chicken is truly exemplary—and will have everyone asking, wanting, begging for more!"

You can find Chef Chang's fried chicken recipe in his book **Momofuku** which is in our Moy Park culinary libraries in both Craigavon and Grantham.

24HR BUTTERMILK BRINED SKILLET FRIED CHICKEN

Page 48

The Story of Japanese Panko Breadcrumb



by Newlyweds Foods



With the rise of Asian cuisine and growing popularity of Japanese food, one ingredient that has become a mainstay of the fried chicken scene is panko breadcrumbs. This breadcrumb has become incredibly popular for coating chicken and delivers a wonderful unsurpassed crunch and texture, in our opinion. But what exactly is panko?

Panko is a Japanese-style breadcrumb with a coarser texture than Italian-style or traditional breadcrumbs, leading to a crispier texture when used as a breading. Whilst breadcrumbs can be made from a large variety of breads, panko is traditionally made from crust-less white bread that has been cooked in a special oven which uses an electric current instead of heat, resulting in a soft, airy loaf.

Panko was invented during World War II by Japanese soldiers who discovered that crustless bread made for better breadcrumbs, as they cooked it with electricity from tank batteries, to avoid drawing the enemy's attention with smoke from a fire.

The word Panko comes from two older words; "pan" meaning "bread" in Portuguese where it has been brought to Japan in the 17th century from the Portuguese, and "ko" meaning "small pieces".

Most breadcrumbs from overseas manufactured at this time were crushed biscuits and crackers. As these breadcrumbs were very expensive for chefs, they started to use sliced bread to make breadcrumbs. This was how the Japanese breadcrumbs were invented and this technique continues to present day.

PANKO VS. REGULAR BREADCRUMBS

Shape and Texture

Panko breadcrumbs are ground into a coarse flake with a sliver shape. Classic breadcrumbs are processed into a finer crumb, and their shape is generally round. When used as breading, the size and shape of the panko creates a thicker, more textured coating compared to regular breadcrumbs.

Flavour

The bread produced to make panko is a simple, yeasted bread, giving the panko a neutral flavor. Classic breadcrumbs taste of whatever bread was used to make them (think sourdough, white or wheat), so their flavour can vary. You'll also find Italian breadcrumbs or seasoned breadcrumbs at the grocery store, which have added herbs and spices.

Finish

The electric current used to bake panko dough produces tiny air pockets in the bread. Combined with the panko's flaky shape, these air pockets prevent the absorption of oil, giving panko a crispier, crunchier finish compared to that of regular breadcrumbs. Classic breadcrumbs are made from stale bread, so they tend to absorb more oil as the food fries, creating a dense finish.

Best Uses

Panko is perfect for Japanese recipes such as chicken katsu, but it's used in many Western recipes too. Use them anytime you want to make a classic fried chicken recipe crispier!

Classic breadcrumbs are a no-brainer for recipes where the breadcrumbs help bind the ingredients, like stuffing or meatballs. They can also be used for fried food, but the result will be more 'bready' than crispy. This is perfect for fried recipes like chicken Parmigiana, where the breadcrumbs can absorb the sauce.

The Hot list



KUNG PAO & BEYOND
By Susan Jung

Everybody loves fried chicken. Whether it's Korean Fire Chicken, Vietnamese Butter Wings, or Japanese Karaage, nothing surpasses the unique twists and flavours that chefs in East and Southeast Asia have brought to fried chicken.

Kung Pao & Beyond showcases 60 crisp, crunchy and spicy recipes that take this humble fast-food to a whole new level. Susan Jung offers up mouth-watering recipes to satisfy everyone, so that you can enjoy fried chicken at home whenever the craving strikes.



FRIED AND TRUE
By Lee Schrager

Whether you prefer it cold out of the fridge or hot and crispy on a buttery biscuit, you will find your new favourite fried chicken recipe in Fried & True, which includes more than 50 recipes for America's most decadently delicious food.

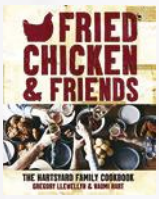
Lee Schrager has left no stone unturned in his quest to find America's best fried chicken. From four-star restaurants to roadside fry shacks, you'll learn how to brine your bird, give it a buttermilk bath, batter (or even double batter) it, season with loads of spices and fry it up to golden perfection.



FRIED CHICKEN
By Rebecca Lang

An irresistible cookbook featuring more than 50 family-friendly fried chicken recipes, including classic Southern, globally influenced, skillet and deep-fried variations.

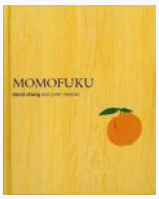
Fried chicken is comfort food at its finest. Served alongside a biscuit, atop waffles, or just on its own, fried chicken is one of the most universally loved foods around. In Fried Chicken, Southern chef Rebecca Lang collects 50 of the most tantalizing, crowd-pleasing variations on the classic.



FRIED CHICKEN & FRIENDS
By Gregory Llewellyn & Naomi Hart

Fried Chicken & Friends is dude-food that's not dumb. One hundred recipes for American-style food you can make at home, refined by an American chef with a cult following, expect food with high-octane flavours that will impress even the toughest crowd. Fried Chicken and Friends includes an entire chapter dedicated to the perfect recipe for buttermilk fried chicken.

Whether you follow the Hartsyard cult recipe that takes three days of tender loving care, or opt for the quick-fix fried chicken, you'll be licking your fingers and wanting more.



MOMOFUKU
By David Chang & Peter Meehan

Ok, so this isn't a fried chicken cookbook per se, but it's absolutely worthy of a call out as Chef Chang's recipe moves away from the notion that all fried chicken needs to be breadcrumbed or battered.

His method of brining, then steaming the chicken, before flash-frying takes the chicken to new heights, before it is elevated further by dousing the chicken in his Octo vinaigrette.



WINGS AND THINGS
By David Turofsky & Ben Ford

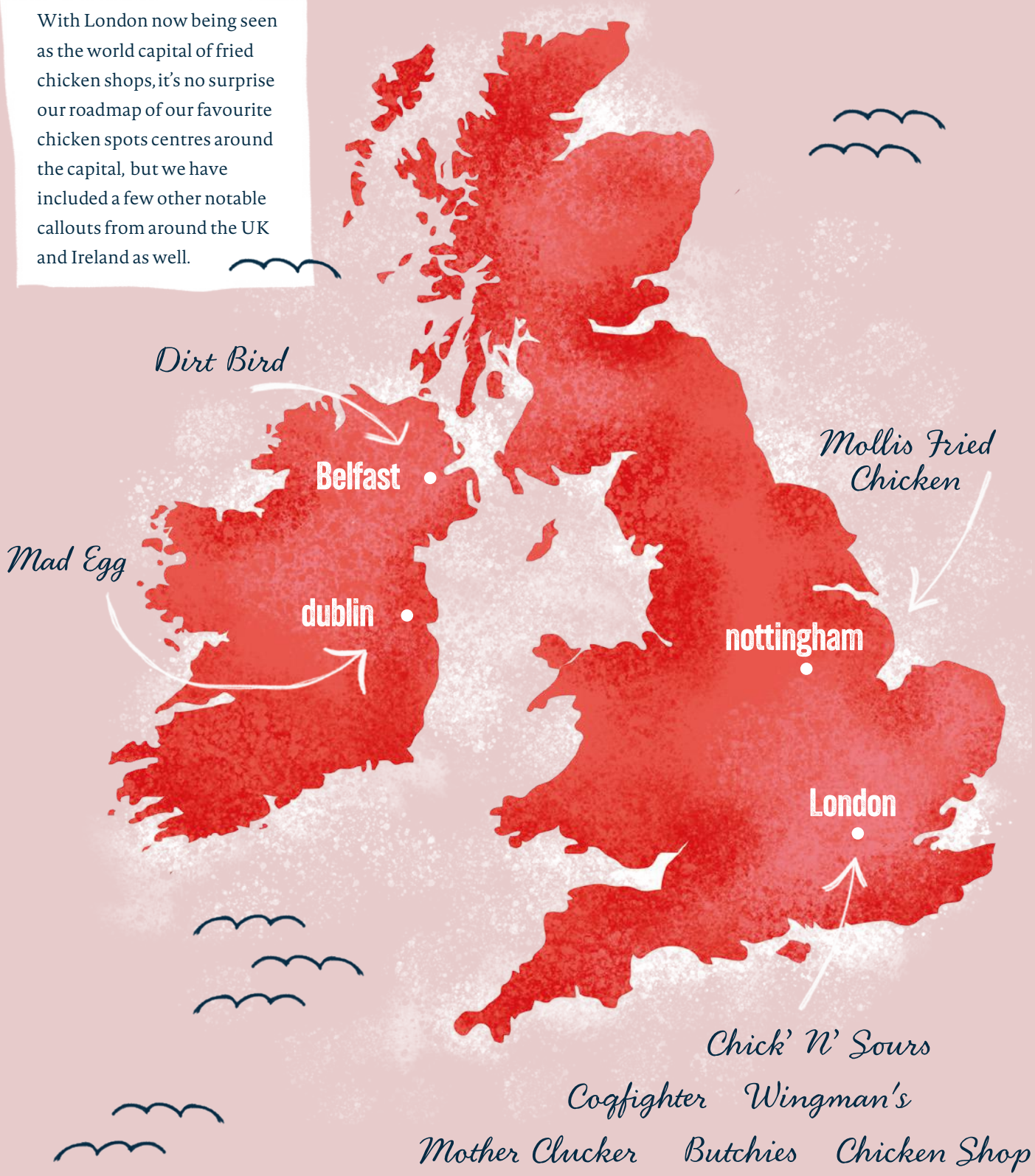
The eagle-eyed amongst you may have noticed that we called Wings and Things out in our first Hatch publication: and here we are again!

It's hard to leave it out as it's a firm favourite of ours, from Wingman restaurant chefs Ben Ford and David Turofsky. It's chock full of amazing recipes, flavours, textures and cuisines from around the world that warrants this second call-out. A must have in your cookbook collection!

CHEFS TOP 10

Best Fried Chicken Restaurants

With London now being seen as the world capital of fried chicken shops, it's no surprise our roadmap of our favourite chicken spots centres around the capital, but we have included a few other notable callouts from around the UK and Ireland as well.



The World of Fried Chicken

It's no surprise that chicken fried in hot oil until golden, crunchy and delicious is a go-to comfort food worldwide.

From the fiery kick of Nashville hot chicken in the Southern US, to Pollo Frito in the Dominican Republic through to Cemita Poblano in Mexico, the world is in love with fried chicken and most countries have their own unique recipes for this global food obsession. Get inspired with some of the variations!

India

Chicken lollipops with the meat trimmed back (allowing the bone to serve as a handle), marinated in yogurt and blended with spices like garam masala and chilli, before being fried in earthy palm oil. This extra-spicy chicken is served with spiced chutneys and hots sauces on the side to ramp up the heat even more.

Croatia

Pohani V is a chicken breast, sliced to look like the letter V, in homage to the Croatian city from which it hails - Virovitica. The chicken is breaded, fried and served with sour cream blended with fresh horseradish for a real kick.

China

Chongqing Chicken is another dish named after the region it originated in. Bright red and packed with chilli peppers, Chongqing chicken is made from diced pieces of chicken that are wok-fried twice, for a super crunchy bite. The dish is packed with tongue-tingling stir-fried Szechuan peppercorns, and combined with ginger, green onion, and dried chillies for an even punchier bite.

Senegal

Yassa Poulet from Senegal takes quite a bit of preparation, but the result is well worth the effort! The chicken is marinated for up to 24 hours in peanut oil, lemon juice and cider vinegar, along with softened onions and mustard seeds. The chicken is then pan-fried until crispy and golden and served on a bed of fluffy white rice.

Mexico

Cemita Poblana is a hearty, fried chicken sandwich. Thin chicken escalopes or cutlets are breadcrumbed, fried and topped with a hot chipotle sauce, crunchy lettuce, onion, fresh oregano or papalo (also known as Bolivian cilantro), sliced avocado, tangy Oaxacan cheese and served in a seeded bun.

Taiwan

Popcorn chicken was invented in the 1990s by food technologist Gene Gagliardi: but before that in the late 1970s a Taiwanese chef created a bitesize piece of chicken that was marinated in soy sauce, ginger, and Chinese five-spice before being coated in a light tempura batter.

United States

Nashville hot chicken was apparently created by accident, after chicken was dipped in hot oil by a jilted lover seeking revenge. It was adopted and made famous at Prince's Hot Chicken Shack in Nashville, Tennessee and there are versions of the dish served all over the United States. Chicken is dipped in buttermilk, then dredged in flour for an extra crispy skin; the chicken gets its unique spiciness after it is fried, by being dipped in oil, blended with cayenne and habanero, before being dusted with more spicy seasoning to ignite the taste buds. Traditionally, it's served between thick slices of white bread and dill pickles to offset the heat.

Germany

Backhendl dates back to the 18th century, when it was served to the Austrian elite. In the modern day the chicken strips serve as the perfect Oktoberfest snack. Instead of flour, backhendl uses breadcrumbs for a crunchier bite, and is served with fresh parsley and a squeeze of lemon for a refreshing finish.

Japan

Katsu refers to the way the chicken meat is prepared — covered in panko and deep-fried. Tori katsu starts with butterflied chicken thighs that, once fried, are placed between two fluffy slices of Japanese milk bread (crusts removed) which are lightly spread with kewpie mayo.

Indonesia

Indonesians love their **Sayap Ayam**! These chicken wings are marinated in a blend of aromatics including tamarind, garlic, turmeric, lemongrass and shallots, then fried in fragrant coconut oil. Because there's no breading, the skin becomes extra 'crackly'. Fried rice is served on the side to complete the meal.



CHICKEN 65

Page 46



JERK MARYLAND WITH BANANA KETCHUP & BLACKENED CORN SALSA

Page 30

Ukraine

Chicken Kyiv starts with a chicken breast which is then butterflied and stuffed with garlic and herb butter, followed by a generous coating of breadcrumbs before being fried. The finished dish is crispy on the outside and succulently juicy on the inside, oozing butter onto the plate when cut open.

Dominican Republic

Pollo Frito is hugely popular in the Dominican Republic. The dish has become a staple of many fast-food chains, and involves chicken being marinated in a brine of bay leaves, lemon, oregano, parsley and garlic, before being lightly dusted in flour and deep-fried. It's served with a squeeze of fresh lime and a side of fried plantains.

Jamaica

Jamaican food is known for its spice and flavour, and Jamaican fried chicken is no exception. **Butchered whole chickens** are marinated in a mix of thyme, Allspice, scotch bonnet chillis and nutmeg, packing a serious herby punch. The chicken can be breaded before frying, as preferred, but whichever way you try it, you're in for a treat.

Singapore

Har cheong gai are breaded chicken wings with a tangy flavor and sharp aroma. The batter incorporates flour, corn starch and baking soda (to ensure a fluffy, light coating), which is then combined with a pungent, savoury shrimp paste, briney oyster sauce, sweet plum wine and sesame oil, to create a batter that will make your taste buds sing. Once coated, the chicken wings are fried in ultra-hot peanut oil to keep the breading perfectly crunchy. For a little extra flavor, it is served with a side of sweet chilli sauce.

Brazil

Frango à Passarinho is a Brazilian staple. Usually made with chicken wings that are marinated in zesty, fresh lime, parsley and sweet paprika, the chicken is breaded in both flour and cornmeal for an extra layer of crunch.

Nigeria

Peppered Chicken is a go to party snack in Nigeria. Drumettes are marinated in ata din din, a sauce traditional sauce made from thyme, ginger, and scotch bonnet chillis, along with stewed tomatoes for a sweet and spicy sauce. The chicken is fried until crispy, then tossed in even more spicy sauce!

South Korea

The defining characteristic of **Korean fried chicken** is the ultra-crispy coating, resulting from not one, but two trips into the fryer. "Yangnyeom" literally translates as "seasoned" in Korean, and boy, is this chicken flavourful. The glaze uses garlic, ginger, gochujang and honey to create the perfect sticky, sweet and spicy combination. Some recipes even replace water with vodka in the batter to ensure the crispiest of coatings, as the vodka evaporates quicker than water due to its volatility, in turn creating crispier fried chicken.

Italy

In Italy, to 'Milanese' is to take a thinly sliced or flattened cut of meat, toss it in an egg wash before breadcrumbing and frying it until crispy on all sides. **Polli alla Milanese** is the popular chicken dish that is often served with a side salad.

Puerto Rico

Chicharron refers to crunchy, fried pork rinds, so you know chicharrones de pollo are going to be extra crispy! A whole chicken is chopped into bitesize pieces (skin-on) before it is marinated in vinegar, garlic, olive oil, oregano, salt and pepper: it is then tossed in corn flour. In Puerto Rico, this quintessential comfort food is beloved for its extra crisp and juicy bite.

Austria

A thin slice of breaded, fried meat, schnitzel can come in many forms, but **Chicken schnitzel** is one of the favourites amongst Austrians. The extra crispy (yet airy) crust comes from a blend of flour and breadcrumbs that are lightly seasoned with salt and pepper. Served with fresh parsley and lemon slices, schnitzel typically also comes with a side of fries.

There are so many countries that have their unique take on fried chicken there are almost too many to name! We've included a list of some notable restaurants right here in the UK that deliver international fried chicken dishes to sink your teeth into: be sure to pay them a visit if you're nearby!

KAIETEUR KITCHEN, LONDON
GUYANESE

NORMAH'S, LONDON
MALAYSIAN

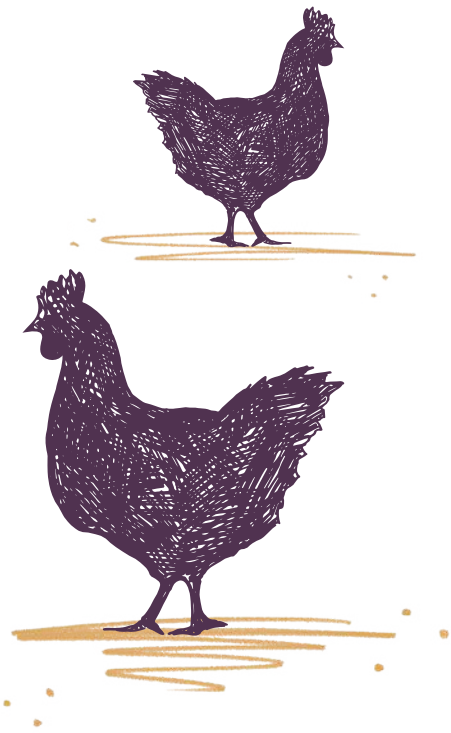
MONGA, LONDON
TAIWANESE

THE BEST BROASTED, LONDON
SYRIAN

LA BARRA, LONDON
COLOMBIAN

KRICKET, LONDON
KERALAN

SMOKING GOAT, LONDON
THAI



Clucks, Crunch + Munch

RECIPES



PB&J CHICKEN STACK

Prep time: 50 minutes
Cook time: 30 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

4 chicken breasts
400g cornflakes
3 large eggs
150g plain flour
100g crunchy peanut butter
100g seedless strawberry jam
Salt and pepper to season

METHOD

Pre-heat oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Slightly flatten the chicken fillets with the base of a heavy frying pan, then set them to one side.

Next, spoon two heaped tablespoons of the peanut butter into a deep bowl and add 100ml of warm water, stirring it into the peanut butter until it forms a loose paste. Place the flattened chicken fillets into the peanut butter paste and smother each fillet in the mixture, then cover the bowl with clingfilm and place it into the fridge for 30 minutes.

Take the flour and season lightly with salt and pepper in a bowl, then make the egg wash by combining and whisking the eggs and milk in a separate bowl.

To make the crumb, place the cornflakes in a freezer bag and use your hand or a rolling pin to break down the cornflakes into small pieces.

To crumb the chicken, remove it from the fridge and lightly toss the marinated chicken in the seasoned flour, then dip it into the egg wash and then tumble them in the cornflakes. Repeat the egg wash and cornflake stage again, to ensure the chicken is well coated.

Deep fry the chicken for around two minutes, until golden, then transfer the chicken to an oven tray and place them into the pre-heated oven for around 25 minutes, until fully cooked.

To serve, butter each piece of chicken with a generous amount of peanut butter, topped with a spoonful of warm strawberry jam and stack them.

Our lip-smackingly delicious take on a classic American family favourite.

THE "PECKER": FRIED CHICKEN WITH A SOY CARAMEL SAUCE, WITH CHARRED PINEAPPLE BUTTER AND FIVE-SPICED SLAW

Prep time: 20 minutes
Cook time: 30 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5, grill medium/moderate heat and deep fat fryer 190°C
Serves: 4

4 chicken thigh fillets
4 brioche buns
200g cornflour, seasoned with ½ tsp Chinese five-spice powder
2 tbsp rice wine vinegar
2 tsp fresh ginger, grated
Pinch of salt
Pinch of cracked black pepper

SOY CARAMEL SAUCE

200g water
100g low-salt soy sauce
100g salted caramel sauce
20g white miso paste

PINEAPPLE, YUZU & CHILLI BUTTER

200g softened, unsalted butter
100g crushed pineapple
20ml yuzu
1 finely chopped small red chilli
3g chopped, fresh coriander

FIVE-SPICED ASIAN SLAW

1 small, finely shredded Chinese cabbage
1 small, finely shredded red onion
1 small, finely shredded carrot
1 small, finely shredded chilli
2 tbsp kewpie mayonnaise
½ tsp Chinese five-spice

METHOD

Pre-heat oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Mix the chicken in a bowl with the rice wine vinegar and grated ginger, then toss in the seasoned cornflour. Deep fry for two minutes, then transfer the chicken onto an oven tray and bake in the pre-heated oven for 30 minutes, until fully cooked.

To make the soy caramel sauce, blend all the ingredients together in a bowl and whisk them until smooth.

Prepare the pineapple butter by placing all the ingredients in a bowl and blend together using a spatula.

Combine all the five-spiced Asian slaw ingredients in a bowl and mix well together.

Make the pineapple, yuzu and chilli butter by combining and mixing all the ingredients in a bowl.

Spread the butter generously over each brioche bun and toast them gently under a medium grill.

To serve, baste each piece of chicken with the soy caramel sauce, place the fillet in the bun and add a generous potion of the slaw on top.

Soy caramel heaven, with a hit of sweet pineapple and punchy chilli: this Michelin-inspired recipe is an umami feast for the tastebuds.





CHANG'S RAMEN FRIED CHICKEN WINGS

Prep time: 2-3 hour/overnight marinade, plus 10 minutes
Cook time: 22 minutes
Temperature: Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 2-4

12 chicken wings
200ml buttermilk

RAMEN DREDGE

100g blended instant ramen noodles (1 packet)
30g cornflour
130g plain flour
100g crushed instant ramen noodles (1 packet)
10g instant ramen seasoning (use the sachet that comes in the pack!)
1 tsp salt

GARNISH

10g instant ramen seasoning
20g siracha sauce
20g sliced scallions

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Soak the chicken wings in the buttermilk ahead of time, for two to three hours (or preferably overnight) in the fridge.

Create the ramen dredge by blending and crushing the instant ramen noodles as detailed in the ingredients list and combine the noodles with the remaining dredge ingredients in a large bowl, and mix well.

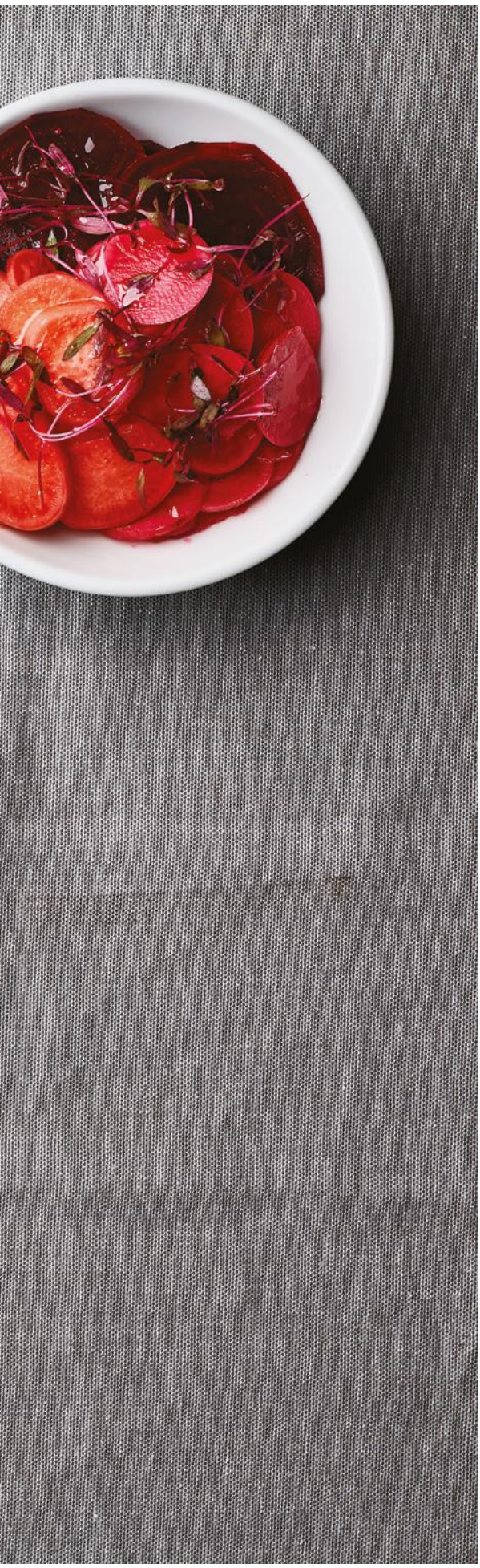
After the chicken has been allowed to soak, drain all the wings and dip them into dredge, until generously coated.

Deep fry the wings for two minutes, or until golden and then transfer them to a baking tray and place them in the pre-heated oven for around 20 minutes, until fully cooked.

Drizzle the chicken with siracha and sprinkle over the ramen seasoning and sliced scallions to finish.

Crunchy noodle fried wings, with a kick of ramen magic.





CHICKEN & 'NDUJA ARANCINI WITH GREEN OLIVE SALSA VERDE

Prep time: 15 minutes
Cook time: 30 minutes
Temperature:
Deep fat fryer 190°C
Serves: 4

CRUMB

100g seasoned, plain flour
2-3 large eggs
200g seasoned, plain breadcrumb

SHREDDED CHICKEN & 'NDUJA ARANCINI

150g leftover shredded chicken
Pinch of salt and pepper
150g arborio rice
1 chopped onion
1 garlic clove
600ml chicken stock
1 lemon, zested
½ lemon, juiced
115ml madeira wine
5g parsley
90g 'nduja sausage
5g mint
50g mozzarella, grated
15g parmesan, grated
15g butter
2 tbsp plain flour

GREEN OLIVE SALSA VERDE

10g parsley
5g mint
5g basil
1 tbsp capers
1 tbsp Dijon mustard
50g green olives, pitted
1 garlic clove
1 tbsp lemon juice
Pinch of salt
35g olive oil

METHOD

Pre-heat the deep fat fryer to 190°C.

Prepare the green olive salsa verde by blending all the ingredients until a pesto-like consistency is achieved, then set aside.

To make the shredded chicken & 'nduja arancini, heat oil in a pan on a moderate heat. Add the onions and garlic and fry for three or four minutes. Add the arborio rice and fry for a further two or three minutes, then pour in the madeira and cook until it has fully evaporated.

Add the prepared stock a spoonful at a time and continue to stir and cook, until the liquid has been absorbed and the rice has cooked through. Add the rest of the arancini ingredients to the rice and remove the pan from the heat, allowing the mixture to cool before rolling.

Once the rice has cooled, roll the mix into 4cm diameter balls. Dip each of the balls in flour, apply an egg wash and then breadcrumb: finally, fry the arancini for three or four minutes, or until golden and warm in the middle.

This Italian staple gets a makeover, with a lively nduja twist.

Our sandwich is better than yours! This beast of a hot, pickled centrepiece tastes as good as it looks.



NASHVILLE HOT CHICKEN SANDWICH

Prep time: 1 hour
Cook time: 35 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

4 chicken escalopes
568ml fresh buttermilk
Sliced pickles
4 seeded buns
Mayonnaise
100ml vegetable oil

NASHVILLE FLOUR BREADER

400g plain flour
1 tbsp garlic powder
1 tbsp smoked paprika
1 tbsp onion powder
1 tsp salt
1 tsp ground white pepper

NASHVILLE HOT RUB

2 tsp brown sugar
2 tsp cayenne pepper
1 tsp smoked paprika
1 tsp onion powder
1 tsp ground white pepper
1 tsp garlic powder
1 tsp salt



METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C .

Add the chicken escalopes to a large bowl and pour over the buttermilk. Place the bowl in the fridge for one hour, to allow the chicken to brine.

Combine all the Nashville hot rub ingredients in a bowl and mix well.

Prepare the Nashville hot oil, by combining half of the hot rub blend with the vegetable oil. Mix together and leave the oil mix somewhere warm, to come to room temperature.

Mix together all the Nashville flour breader ingredients in a bowl, and set to one side.

Remove the chicken from the fridge after one hour, and coat each escalope in the Nashville flour breader. Repeat the buttermilk and flour breader step twice for each escalope, to ensure the chicken is fully coated in the breader.

To cook, deep fry the chicken escalopes until golden for approximately two minutes, then transfer them to an oven tray and place into the pre-heated oven for around 30 minutes, until the chicken is fully cooked.

To serve, take each piece of chicken using kitchen tongs and completely submerge the chicken in the hot oil, before dusting generously with the hot rub, then serve in a seeded bun with mayo and sliced dill pickles.

JERK MARYLAND WITH BANANA KETCHUP & BLACKENED CORN SALSA

Prep time: 45 minutes
Cook time: 35 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

4 skinless chicken breast fillets

CRUMB

100g seasoned, plain flour, mixed with 40g jerk spice
2 large eggs
100g panko breadcrumb, mixed with 40g desiccated coconut

BANANA KETCHUP

3 ripe bananas
1 diced onion
1 finely chopped green chilli, deseeded
2 garlic cloves
1 tbsp chopped ginger
3 tbsp white wine vinegar
1 tbsp tomato purée
1 tbsp soy sauce
1 tbsp sugar
1 tbsp jerk sauce
2 tbsp water

BLACKENED CORN SALSA

120g blackened corn (cook the corn under a grill or in a dry pan, until heavily charred)
50g diced pineapple
1 tsp sliced green chilli, deseeded
2 tbsp tomato, diced
2 tbsp finely chopped red onion
½ lime, juiced

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Prepare the banana ketchup first, by heating oil in a pan on a medium heat, adding onions, garlic, ginger and chillies and frying for four to five minutes, or until soft. Add the remaining ketchup ingredients and cook for a further 10 minutes on a low heat. Blend the mixture until smooth and set aside.

Combine all the blackened corn salsa ingredients in a bowl and set aside.

Dust the seasoned chicken fillets in flour before dipping them in egg and tossing them in the panko breadcrumb mix, covering the chicken as much as possible. Deep fry the chicken for two to three minutes, or until golden brown. Remove the pieces from the fryer, transfer to an oven tray and oven bake for 30 minutes, or until fully cooked.

Our Caribbean mashup of jerk spices, lip-tingling ketchup and smoky, charred corn: what's not to like?!





Parma vs Parmi

by Chef Dean Skinner

Chicken parmigiana encompasses everything we love about Italian food in one bite. The chicken's juicy interior, the crisp coating of the fried breadcrumbs on the meat's exterior, the bright and slightly sweet flavour of the rich tomato sauce, the added Aussie touch of sliced ham for extra indulgence and the silky texture of the mozzarella, slightly browned under the grill. Perfection!

The History

According to food historians, this adopted classic originated in the South of Italy, where it was originally made with breaded eggplant (aubergine) topped with tomato, cheese and basil.

A veal version emerged in the early 1900s following mass Italian migration to the US between 1890 and 1920, where it was served with spaghetti rather than chips.

But when did the Italian-meets-American style tucker pop up on Australian menus? According to food historian Jan O'Connell the earliest reference to a chicken parmigiana in Australia was in 1980.

Chicken parmigiana: The Great Australian Debate

While many countries are divided by politics, there is another great Australian debate that divides the country: what is the classic Aussie pub dish that was adopted from Italy called?

Commonly Australians tend to abbreviate names to suit the local tongue: sausages to snags, sandwiches to sambos. Parmigiana to... what? That leads us to the debate.

In Southeast Australia (mainly Melbourne), this dish is known as a Parma; travel a little north into New South Wales, and rivals in Sydney call it a Parmi! Our friends in Adelaide are, as they tend to be with most things, impartial!

Either way the chicken parmigiana is a pub staple across Australia, where thousands are served up every day at bistros across the country. Like the flat white, the Chicken Parma, served up with chips and salad, is an Australian icon, no matter how they choose to abbreviate it.

Parma Night!

A staple of all Australian bistro menus is a weekly deal known to locals as **'Pot & Parma'**.

Nothing beats this classic dish partnered with a glass of thirst-quenching beer (pot) to wash it all down. Some venues have taken this classic (or not so classic, when mentioned to Italians) to new levels with a 'Parma Night', where a variety of Parmas are on offer. Think Mexica, where the tomato sauce is replaced with chilli con carne, and the mozzarella with Monterey Jack and crushed nachos. A BBQ sauce and pineapple version. A Bolognese version. You get the picture?

When it comes to Parma night, anything goes!

CLASSIC AUSSIE CHICKEN PARMA (NOT PARMI*)

Prep time: 30 minutes
Cook time: 20 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

4 butterflied and crumbed chicken fillets (schnitzels)
4 slices of premium ham

TOMATO SAUCE

2 tbsp olive oil
2 chopped onions
1 ½ tsp fresh, finely chopped garlic
115ml red wine
690ml passata
1 ½ tsp salt
1 tbsp chopped parsley
1 tbsp chopped fresh basil

CHEESE MIX

300g mozzarella, grated
100g g cheddar, grated

An Italian and Aussie walk into a bar... deliziosa mate.

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

To make the tomato sauce, heat oil in medium sized pan and add salt, onions and garlic, cooking for three to four minutes. Deglaze the pan with the red wine and reduce the wine until it is fully evaporated. Add the passata and cook for a further 10 minutes on a low heat, or until the sauce thickens. Once thickened, add the herbs and set the pan aside.

Deep fry the crumbed chicken until golden and cooked, then plate up the fillets. Spoon the tomato sauce onto your chicken, followed by the sliced ham and then the cheese mix. Place the fillets under grill for two to three minutes, or until the cheese has melted.

MURGH MAKANI CHICKEN PARMA WITH COCONUT & BURNT ONION SAMBAL

Prep time: 30 minutes
Cook time: 30-40 minutes
Temperature:
Grill medium/moderate heat and deep fat fryer 190°C
Serves: 4

4 butterflied, crumbed chicken fillets (schnitzels)

MURGH MAKANI SAUCE

1 tbsp cumin
1 large chill, deseeded
100g butter
2 small, finely chopped onions
2 finely chopped garlic cloves
1/2 tbsp ginger, finely grated
1 tbsp turmeric
690ml passata
2 tbsp garam masala
100ml double cream
5g fresh coriander
1 tbsp salt

COCONUT & BURNT ONION SAMBAL

½ onion, sliced
1 tsp finely chopped chilli
2 tbsp desiccated coconut
1 tsp minced garlic
Pinch of salt
1 tsp turmeric

CHEESE MIX

240g mozzarella, grated
240g paneer, grated

METHOD

Pre-heat the grill to medium/moderate heat and the deep fat fryer to 190°C.

To make the murgh makani sauce, fry the onion, garlic, ginger and chillies in a pan on a high heat for three to four minutes: add the spices and salt and fry for a further two minutes, then add the passata and butter and cook for a further 10 minutes. Finally, add the cream and coriander and blend the mixture, before setting to one side.

Prepare the coconut & burnt onion sambal by frying onions in a tablespoon of oil on very high heat, until dark, stirring occasionally: add the chilli, garlic and salt and fry for two minutes. Then add the turmeric and coconut and fry for further 30 seconds, then set to one side.

Deep fry the crumbed chicken, until golden and cooked. Spoon the murgh makani on top of the chicken, followed by the mozzarella and paneer mix. Place the chicken under grill for two to tree minutes, or until the cheese has melted. Garnish with the sambal you prepared earlier.

A mouth-watering Indian-inspired take on the classic Parma.



LAVA BITES

Prep time: 15 minutes
Cook time: 12-15 minutes
Temperature: Air fryer 180°C
Serves: 4

4 chicken breasts, diced into 15g bitesize pieces
1 large, sharing-size bag of Chilli Heatwave Doritos
4 large eggs
100ml milk
Salt and pepper to season

Caution, these lava bites really pack a punch!

METHOD

Make the egg wash by mixing the eggs and milk together in a bowl, then set to one side.

Next, place the Doritos into a mixing bowl and break them down into a fine powder, using your hands or the end of a rolling pin: keep them in the bowl but remove a small handful to use as a garnish when serving.

Take the bitesize pieces of breast and tumble them in the Doritos mix, then add them to the egg wash mix, before coating again in the crushed Doritos. Repeat the egg wash and Doritos step twice to ensure the chicken is well covered.

To cook, spray each pop with a little bit of spray oil, and place in the pre-heated air fryer for 12 to 15 minutes, until fully cooked. Sprinkle with the leftover Doritos to serve.



GUINNESS FRIED CHICKEN

Prep time: 12 hour overnight marinade, plus 30 minutes
Cook time: 35 minutes
Temperature: Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

8 skinless chicken drumsticks

MARINADE

400ml Guinness
2 tsp white miso paste

GUINNESS BATTER

200g soda bread flour
400ml Guinness
1 large potato (approximately 150g), washed, then grated with skin on
200g onion purée
4 medium, finely chopped spring onions
4 tbsp chopped, fresh parsley
2 large, finely chopped garlic cloves
2 tbsp chopped fresh chives
1 tsp ground white pepper
1 tsp cayenne pepper
1 tsp dried oregano
2 tsp salt
1 tsp cracked black pepper
2 tsp baking powder

METHOD

Mix 400ml of Guinness and miso paste until combined. Toss the chicken drumsticks in this mixture and allow them to marinade in the fridge overnight.

Pre-heat the oven to 190°C/170°C fan/Gas 5, and the deep fat fryer to 190°C.

Remove the chicken from the Guinness and miso brine and pat each drumstick dry with kitchen roll, placing them on a baking tray. Set the baking tray to the side.

Place the soda bread flour into a large mixing bowl and tumble each piece of chicken in the flour. Remove all the chicken pieces from the flour, shaking any excess flour off. Return the floured drumsticks to the tray.

Add 400ml of Guinness to the soda bread flour and mix with a whisk until smooth, to create the Guinness batter. Add the grated potato, onion purée, chopped spring onions, parsley and chives to the batter mixture; next add the white pepper, cayenne pepper, dried oregano, salt, cracked black pepper and baking powder and mix well with a wooden spoon until all the ingredients are evenly dispersed through the batter. Allow the batter to rest for 10 minutes.

To fry, dip each floured chicken drumstick in the batter one at a time and deep fry at 190°C for approximately one minute, until the batter sets and cooks to a light golden colour.

Once you have fried the drumsticks, transfer them to a baking tray and place them into a pre-heated oven at 190°C for 35 minutes, until fully cooked and golden brown.

Serve on a bed of champ, with thick onion gravy and (of course) a glass of Guinness!

A deep, dark rich stout batter with crispy potato and spring onions: who knew? Give it a go, we love it!



MOY PARK KITCHE





SWEET CHICK TENDERS WITH SALTED CARAMEL SAUCE

Prep time: 1 hour
Cook time: 35 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

20 chicken mini fillets, weighing 25-45g each
200g jar of salted caramel sauce
1 tsp rock salt

BRINE

1l water
4 regular black tea bags (we use Tetley)
3 tbsp brown sugar
3 tbsp salt
1 tbsp freshly ground black pepper
1 tsp garlic powder
1 tsp dried oregano
1 tsp dried thyme
1 bay leaf

MATZO COATING

140g matzo meal
100g strong flour
1 tsp paprika
1 tsp salt
1 tsp dried thyme
1 tsp freshly ground black pepper

METHOD

Pre-heat oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Make the brine by mixing all the ingredients together in a saucepan over a medium heat: once the sugar is dissolved remove from the heat and allow to cool.

Transfer the brine to a large bowl, and add the chicken fillets and mix well. Place the bowl in the fridge for one hour, to let the chicken brine.

Whilst the chicken is brining, combine and mix all the matzo coating ingredients in a bowl.

Once the chicken is brined, remove it from the bowl and toss the chicken fillets in the matzo coating, until fully covered. Repeat the coating step twice, to ensure the tenders are well coated.

To cook, deep fry the chicken for approximately two minutes, then transfer the fillets to an oven tray and place them into a pre-heated oven for around 30 minutes, until fully cooked, golden and crispy.

To serve, place the tenders in a bowl and pour over the salted caramel sauce, then toss the contents until the chicken is generously covered with the sauce: sprinkle with a little rock salt to garnish.

Sweet, salty and savoury: you'll keep coming back for more!



CRISPY CHICKEN PANCAKE WITH TOMATO & BEETROOT CHUTNEY



Prep time: 35 minutes
Cook time: 20 minutes
Temperature: Oven 190°C /170°C fan/ Gas 5 and deep fat fryer 190°C
Serves: 4

200g shredded, leftover chicken
4 shop-bought crêpes or tortillas

CRUMBING STATION

100g seasoned, plain flour
2 large eggs
200g seasoned, plain breadcrumb

CURRY SAUCE

10g butter
1 small, sliced onion
1 garlic clove
1 tsp ginger
1 tbsp curry powder
1 tsp turmeric
10g raisins
½ lemon, juiced
100ml coconut milk
1 tsp mango chutney
Pinch of salt

TOMATO AND BEETROOT CHUTNEY

1 small jar of tomato chutney
2 tsp beetroot powder

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

To make the tomato and beetroot chutney, mix the chutney and beetroot powder together. Set aside.

To make the curried mango mayo, mix all listed ingredients together, then set aside.

Prepare the curry sauce by heating the butter in a pan before adding the garlic, ginger and onion. Fry for three to four minutes or until cooked. Add the curry sauce spices and cook for a further two minutes. Add the remaining ingredients to the sauce and allow them to cook for 10 minutes.

Blend the sauce until smooth, then add the cooked shredded chicken.

Evenly spoon the curried chicken into crêpes or tortillas, folding each one over to make a moon shape. Dip your chicken parcel in flour, then apply an egg wash. Finally, dip all folded wraps in seasoned, plain breadcrumb.

Deep fry each parcel for three to four minutes, or until golden and warm in the middle.

Garnish with a drizzle of the tomato and beetroot chutney.

We've given this 70s classic a modern, Indian twist.

KARAAGE (JAPANESE FRIED CHICKEN) WITH DIPPING SAUCES

Prep time: 2-3 hour/overnight marinade, plus 20 minutes
Cook time: 22 minutes
Temperature: Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

500g chicken thigh chunks, weighing approximately 20g each

MARINADE

1 (heaped) tbsp garlic
1 (heaped) tbsp ginger
3 tbsp soy sauce
3 tbsp sake-sweet mirin
1 tbsp sugar
115g potato starch

MISO CARAMEL

115ml shop-bought caramel
3 (heaped) tsp miso paste
Pinch of salt

WASABI & PICKLED GINGER MAYO

4 (heaped) tbsp mayonnaise
1 (heaped) tsp wasabi paste
1 (heaped) tbsp pickled ginger, chopped
1/2 tsp minced garlic
Pinch of salt

PONZU

3 tbsp mirin
2 tbsp rice vinegar
1 tbsp soy sauce
3 tbsp lime juice
1 tsp pickled ginger

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Combine all marinade ingredients in a large bowl. Toss the chicken thighs in the marinade mix and refrigerate for a couple of hours, or preferably overnight.

To make miso caramel, gently heat the caramel in a pot, then add the miso mix. Serve warm.

Prepare the wasabi & pickled ginger mayo by mixing all the listed ingredients together into a bowl.

Mix all the ponzu ingredients together in a bowl, and set aside.

Toss the chicken thigh pieces in the potato starch and deep fry them for two minutes, until golden, then transfer them to an oven tray and place them into the pre-heated oven for approximately 20 minutes, until fully cooked.

Season with salt, and serve with all the side dips you prepared earlier.

Krispy, Krunchy, Krackin' – it's gotta be Karaage!



CHICKEN 65

Prep time: 1 hour
Cook time: 35 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

8 chicken thighs, cut into 20g chunks

CURRY BRINE
85g cold water
10g medium curry powder
2.5g white sugar
2.5g salt

GRAM FLOUR COATING
300g gram flour
2 tbsp medium curry powder
1 tsp salt
1 tsp cracked black pepper
2 eggs
100ml milk

INDIAN-SPICED HOT HONEY SAUCE
100g acacia honey
25g medium spiced curry powder
2g chilli flakes
½ tsp turmeric

GARNISH
Crispy curry leaves
Sliced red chilli
A few fresh coriander leaves

METHOD

Pre-heat the oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

Combine all the curry brine ingredients in a large bowl, then add the diced chicken and mix well. Place in the fridge for one hour to pre-brine.

Next, blend the gram flour with the curry powder, salt and cracked black pepper. Set aside.

Drain the chicken from the curry brine and tumble each piece in an egg wash (made with two eggs and milk, whisked in a bowl). Mix the chicken until thoroughly covered, then toss each piece of chicken in the seasoned gram flour.

Fry the coated chicken for two minutes at 190°C until golden, then transfer them onto an oven tray and bake in the pre-heated oven for 25 minutes, until fully cooked and crispy.

Whilst the chicken cooks, combine and mix all the Indian-spiced hot honey ingredients in a bowl.

To serve, toss the chicken in the Indian-spiced hot honey, and garnish with crispy curry leaves, red chilli slices and fresh coriander.



Why 65? Some say it was a meal for Indian soldiers in 1965. Others say it contains 65 chilli peppers. Or could it be because the meat is from 65-day-old chickens? The origins of the name are unknown, but great taste is a guarantee.



24HR BUTTERMILK BRINED SKILLET FRIED CHICKEN

Prep time: 24 hours
Cook time: 30 minutes
Temperature: 180°C hot oil in cast iron skillet
Serves: 4

1 whole chicken, cut and portioned into 2 wings, 2 breasts, 2 legs and 2 thighs
2l peanut oil, or any vegetable oil

BUTTERMILK BRINE

1l fresh buttermilk
50ml pickled gherkin juice (the juice from a jar of gherkins)
5g chopped fresh dill
2 tsp garlic powder
2 tsp onion powder
2 tsp cayenne pepper
2 tsp sweet paprika
2 tsp salt
2 tsp cracked black pepper
1 tsp white pepper

FLOUR DREDGE

400g all-purpose flour
5g dried dill
2 tsp garlic powder
2 tsp onion powder
2 tsp cayenne pepper
2 tsp sweet paprika
2 tsp salt
2 tsp cracked black pepper
1 tsp white pepper





METHOD

Marinade the portioned chicken in a bowl with the buttermilk brine, cover and place in the fridge for 24 hours.

After 24 hours, remove the chicken from the buttermilk brine and shake any excess brine from the chicken. Toss the chicken in the flour dredge. Repeat the flour dredge stage to ensure a good, rippled coating that covers each piece of chicken.

To cook, heat the oil in the cast iron skillet to 180°C (use the temperature probe to ensure you have reached the right temperature) and cook the chicken in batches, until golden brown.

To fully cook each piece, as a guide, the bone-in cuts will take approximately 10-12 minutes to cook through, but always use your temperature probe, to ensure the meat is fully cooked through.

To serve, place on a platter, season well with sea salt and freshly chopped dill, and enjoy with some cornbread and dill pickles on the side.

To take your fried chicken game to the next level, leave the chicken in its buttermilk brine overnight: it really makes a difference.

Equipment

1 heavy duty cast iron skillet pan or thick bottomed, deep frying pan + temperature probe.

FRENCH-TRIMMED CHICKEN SUPREME WITH BEARNAISE BUTTER

Prep time: 20 minutes
Cook time: 30 minutes
Temperature:
Oven 190°C/170°C fan/Gas 5 and deep fat fryer 190°C
Serves: 4

4 chicken supremes, with the wing bone trimmed
200g sourdough breadcrumbs
100g plain flour
2 tbsp activated charcoal powder (can be bought online)
2 eggs
100ml milk

BEARNAISE BUTTER

120g unsalted butter
30g finely chopped shallots
30g white wine vinegar
10g finely chopped, fresh tarragon
10g finely chopped, fresh parsley
½ small lemon, zested
Salt and pepper to season

Don't be put off by the black breadcrumb in this dish, it tastes divine!

METHOD

Pre-heat oven to 190°C/170°C fan/Gas 5 and the deep fat fryer to 190°C.

To coat the chicken, first make the egg wash by blending the eggs and milk. Mix the flour, salt and pepper in a bowl and coat the chicken fillets in the seasoned flour. Next add the chicken to the egg wash and then toss in the sourdough crumb which you'll have blended with the charcoal powder ahead of time. Repeat this step with the egg wash and sourdough crumb to make sure the chicken is fully covered.

Make the bearnaise butter by placing the shallots, vinegar, half of the tarragon, and half of the parsley in a small saucepan. Simmer over a medium heat, until the vinegar has reduced by half. Strain the contents of the pan into a small bowl, pressing on the solids with a spoon, to release any liquid. Discard the solids and allow the tarragon vinegar to cool.

Mix the softened butter, lemon zest, and remaining chopped tarragon and parsley in a medium bowl to blend. Mix in the cooled tarragon vinegar.

To cook, deep fry the chicken for around one minute, until golden and then transfer the chicken to an oven tray and place into the pre-heated oven for around 35 minutes, until the chicken is fully cooked.

To serve, place the chicken on a potato rosti and set a quenelle of the bearnaise sauce on top to garnish the chicken.



Produced with FSC sustainably sourced paper.
Fully recyclable materials with a bio-degradable lamination.
Please recycle after use.

moypark.com