



Demonstration Kitchen
3rd & 4th October 2020

12pm Cris Cohen of Feasted & Emma Cronin of Wild Pickle

Ingredients & Recipe:

North Staffs Crispy beer chicken

Serves 3

The day before make a brine using 400ml water, 30g sea salt, 100g brown sugar, a few sprigs of thyme/marjoram, 10 peppercorns, 3 bay leaves, 3 garlic cloves, 150 ml of dark ale, such as joules Slumbering monk or Titanic Plum Porter.

Heat brine until salt and sugar dissolved and aromas infused.

Leave to cool and add 250ml of cold water.

Put brine into a container with chicken breasts whole or in strips (cutting in strips will make the brine stronger) and leave in fridge over night to infuse

The next day remove chicken from brine and discard brine solution.

Coat chicken buttermilk and put in fridge until needed. A 330ml tub works well.

To make the crumb get 150 grams of plain flour, 50 grams of rolled oats, 1 tsp smoked paprika, 1 tsp cayenne pepper, 1tsp baking powder, 1tsp onion powder, 1tsp garlic powder.
Mix ingredients together.

Dredge chicken in crumb to coat and carefully place into hot oil. Fry until golden and remove and finish in oven. Oven should be preheated to 170oc (fan). If whole chicken breast bake for 25- 30 mins, if using strips of chicken 12-15mins.

Using the remaining beer reduce at medium heat adding a 125 grams of unrefined sugar, a few chilli flakes and a little ras el hanout. reduce until a syrup is formed. Leave to cool. It will continue to thicken as it cools so do not be tempted to over reduce.

To make pickles (this season radish, onion, courgette, beetroot)

Make a pickling liquor using white wine vinegar 200ml and 200ml of water. Add aromas such

as garlic clove, tarragon, peppercorns. Add a 10 grams of salt and 30g of sugar heat until dissolved and infused.

Prepare pickles and put into pickling solution. I like to do this 1 hr before plating the dish so that the pickles still have a great crunch and vibrancy of colour and flavour.

Sweet corn puree

this is so good and so easy to make.

Blanch the sweetcorn for 2 mins in boiling salted water. Remove from water and cut off all the kernels using a sharp knife.

Put the kernels into a 1ltr+ jug and add approx 50-100ml of milk (whole milk is best, semi is also good)

Using a stick blender liquidize until really smooth.

Push the puree through a sieve to get a really smooth. The left-over matter if the dietary fibre (we dry this or use in breads and cakes.

Season to taste with a little salt.

Charred corn-

Blanch in salted boiling water for 2 mins in advance. when blanched put into iced water to stop cooking.

Char using a blow torch or grill on a high heat.

Cut sweetcorn to get larger chunks of sweetcorn.

Fermented chips-prepared by Emma Cronin from Wild Pickle

When fermentation is complete drain the chips and heat oil in a wok or DF fryer. Check temp by dropping a chip in and if fries you know it's ready. Fry chips for 3 mins or until crisp and golden.

Lettuce- romaine or cos

Cut lettuce in half and remove some of the leaves from the middle.

Next, char the top of the leaves with a blow torch. Then season the lettuce with a little salt

Put dish together and enjoy.