

Vinegar Poached Chicken



This simple Italian dish will benefit from using a free range or organic bird as they have much more flavour. It is an ideal recipe to cook in a thermal cooker and would be great to impress your friends at a dinner party. I am going to serve it with small boiled potatoes and broccoli. Nothing is wasted in this recipe even the left over poaching liquid can be used as the basis for a soup or kept for stock.

INGREDIENTS:

" **1.5kg chicken, cut into pieces or you can use chicken pieces if you wish.**

" **1 large carrot, chopped**

" **1 celery stick, chopped**

" **1 onion, chopped**

" **bouquet garni**

" **1½ tbsp of sugar**

" **500ml white wine vinegar**

" **3 tbsp balsamic vinegar**

" **1 tbsp butter**

" **1 tbsp plain flour**

" **175ml chicken stock**

METHOD:

1. Add the carrot, celery, onion, sugar, bouquet garni, white wine vinegar and balsamic vinegar to the inner pot.
2. Bring to the boil then turn down to a simmer for 5 minutes.
3. Put the chicken pieces in the inner pot.
4. Add water until the chicken pieces are covered.
5. Bring back to the boil and skim off any impurities from the surface.
6. Turn down the heat and simmer for 5 minutes with the lid on.
7. Put the inner pot into the insulated outer container and shut the lid.
8. Leave to thermal cook without power for a minimum of 2 hours.
9. 10 minutes before you are ready to serve melt the butter in a small saucepan.
10. Add the flour and cook over a medium heat for 1 minute stirring all the time.
11. Gradually add the chicken stock while stirring to avoid lumps.
12. Keep stirring until the sauce thickens.
13. Stir in 4 tablespoons of the poaching liquid.
14. Taste and add more until you get the flavour you like. This will probably be about 125ml.
15. Bring slowly to the boil.
16. You are now ready to serve. Put one or two chicken pieces on a warmed plate. Add some small potatoes and some nice fresh green vegetable. Pour a little of the sauce over the chicken and enjoy.
17. You are now ready to serve

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner

saucepan so you will need to adjust quantities if you are using something else.

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