

## Miso and Soy glazed Chicken, Onion Puree, Roasted Carrot and Cauliflower Cheese

The chicken dish is chosen due to the fact it suits a dinner party and the flavours are so simple and easy and would appeal to a family who would love to get involved in have a ball at home  
It is very easy to prep *Adam*

Serves 4

### You will need:

1 x 1.6kg Chicken

### Soy Glaze

8 Tbsp Miso pasta	300ml vegetable Oil
40 ml Soy sauce	50ml warm water
20ml Rice wine vinegar	150g Salted Butter
10g Finely diced ginger	150g Red wine sauce From Ocado true food or online
1 Clove of grated Garlic	

Pre heat the oven to 200c

Take the chicken and rub the soft butter between the skin, you will need to put your hand between the skin and the flesh to loosen first, and tie it up using string.

Place the chicken into the oven for 20 Mins at 200c and then turn the oven down to 180c

Take all of the ingredients for the glaze and place into a blender and blend until smooth.  
Once blended place into a container to store ready to use.

Cook the chicken for approximately 15 to 20 Mins depending on your oven. At this stage you can start to brush the whole chicken with the glaze this can be repeated 3 times

Once cooked remove from the oven and allow to rest.

### White Onion Puree

#### You will need:

50g	Butter	150g	Milk
600g	Sliced White Onions	1no	Sprig Thyme
75g	White Chicken Stock	10g	Miso
75g	Whipping Cream		Salt

Peel and remove the core from the onion then thinly slice

Place the butter in a suitable size pan, add the sliced onion and thyme  
Cook until a colour is reached and they are soft and sweet in taste  
Bring the stock and cream to the boil  
Pour over the onions  
Bring back to the boil  
Add seasoning and blitz in blender until soft

### Cauliflower Cheese

#### **You will need:**

1 large Cauliflower	2 tsp Dijon Mustard
50g Butter	400g Mature Cheddar
30g Plain flour	1 hand full of chopped Flat leaf parsley
500g milk	Salt

Pre heat oven to 180c  
Prep the cauliflower into Large florets and then blanch into boiling salted water and refresh in iced water  
Place the butter into a pan and place onto the stove until melted add the flour and mix well  
Continue to cook out for about 8 Mins until the flour is cooked  
Place the milk into a pan and warm on the stove  
Making sure the milk is warm, slowly add to the flour whisking as you go until the milk is all incorporated and it is silky smooth  
Cook for a further 15 mins.  
Once cooked add  $\frac{3}{4}$  of the cheese and mix well  
Taste and season as required  
Add the drained cauliflower and the parsley and mix  
Transfer into a oven proof dish  
Place into the oven for 10 Mins  
Remove from the oven and sprinkle with the remaining cheese and place under the grill until golden in colour

### Roasted Carrots

#### **You will need:**

4 large carrots	400g Carrot juice
100g Butter	2 tbsp Vegetable oil
1 sprig thyme	Salt

Peel the carrots  
Take 50g of butter and heat in the pan  
Add the thyme and carrots with a small pinch of salt  
Add the carrots juice bring to the boil turn to a simmer and cook for about 8 – 10mins depending on the thickness you are looking for them to be three quarters cooked allow to cool in the liquid  
Once cold drain and place a frying pan onto the stove to get hot. Add the oil and fry the carrots as they start to get colour add the butter and cook until golden

Drain and Keep warm until required

### **To Serve**

Remove the string from the chicken and take the legs off and cut into 2 remove the breast into 2 and serve

Place the carrot spoon of puree and the cauliflower cheese on each plate and finish with the sauce

For more information please view the You Tube demonstration of this dish at:

<https://www.youtube.com/watch?v=mwbCCKlwPI&feature=youtu.be>

Prepared especially for KidsOut by Adam Simmonds

<https://www.greatbritishchefs.com/chefs/adam-simmonds>



### **Wine Pairing**

Markus Molitor Haus Klosterberg QbA Mosel Riesling 2018 - around £9.60

