

STICKY BBQ CHICKEN BURGER WITH STEAKHOUSE FRIES



Ingredients:

Sticky BBQ Sauce

1/2 cup tomato paste
1 tsp allspice
4 tbsp apple cider vinegar
4 tbsp Worcestershire sauce
1/2 cup honey
1 tbsp dijon mustard
1 1/2 tsp smoked paprika
1 tsp oregano, dried
2 cloves garlic, minced
1/2 tbsp salt

Sticky BBQ Chicken

2 cloves garlic, cut in half
1 Litre chicken stock
1 bay leaf
2 cloves
2 x Inglewood Organic Chicken Breasts
1/2 cup Sticky BBQ Sauce

Steakhouse Fries

4 x large potatoes, peeled and cut into thick fries
2 tbsp olive oil
1 teaspoon steak seasoning
1 teaspoon salt

Grilled Onion

2 x onions, slice thinly into rings

Burger Fixings

Brioche Buns
Tinned pineapple rings
Tinned beetroot
Bread & Butter Pickles
Mesculin lettuce, rinsed
Tomato, sliced
Mayonaise

Method:

Preheat oven to 180 degrees C and line a large baking tray with baking paper. Set aside.

Sticky BBQ Chicken

Add the chicken breasts, chicken stock, garlic, bay leaf and clove to a large saucepan and place onto the stove to bring to the boil. Cover with a lid and take the saucepan off the heat. Leave the chicken breast in the saucepan and cooking liquid for 20 minutes to poach. Cooking it in this way keeps the chicken tender and moist.

Remove the chicken from the saucepan (making sure to keep the cooking liquor) and place onto a small tray and dab with paper towel to dry the outside.

Using a pastry brush, brush the chicken with the sticky bbq sauce on the front and back and leave to rest in the fridge until required.

Sticky BBQ Sauce

In a small saucepan over medium heat add all of the sauce ingredients to the saucepan. Bring the mixture to the boil and then reduce to low and let it simmer for 5-8 minutes until it thickens. Stir regularly to stop it burning on the bottom of the pan. Once it has thickened remove the sauce from the heat and let it cool before pouring it into a jar or container. Set this aside.

Steakhouse Fries

Using the liquor that the chicken was cooked in, add the cut potatoes to the saucepan, cover and bring to the boil. Simmer for 5-8 minutes or until the potato is just cooked through.

Drain the liquid from the pan and add the fries to the large lined baking tray.

Drizzle over the olive oil and toss the fries to coat them completely. Sprinkle with the salt and steak seasoning before adding to the oven to cook for 30-40 minutes or until golden brown.

STICKY BBQ CHICKEN BURGER WITH STEAKHOUSE FRIES CONT

Method:

Sticky BBQ Chicken Cont...

Remove the chicken from the fridge and heat the bbq grill to medium heat. Brush on another coat of the Sticky BBQ Sauce to the chicken before placing onto the preheated grill. Cook for 5-6 minutes on each side until it starts to char and burn slightly. Keep adding the marinade to each side as your turn, so that creates a lovely sticky coating. Remove the chicken once it has cooked and let it rest for 5 minutes before slicing thinly on the diagonal.

Grill the brioche buns for a minute on the inside of each piece on the heated grill to lightly toast them before assembly.

Grilled Onion & Pineapple

Add the onion to the heated BBQ plate and cook for 10-15 minutes or until translucent and slightly crispy. Add a pinch of salt during the cooking process to help it stop burning. Add the pineapple rings once the onion has been removed and cook for about 2-3 minutes each side until caramelised and brown. Remove from the heat and add to the tray along with the grilled onion.

Assembly

Lay out all of the ingredients on the table so that your guests can create their own Sticky BBQ Chicken Burger masterpiece. My favourite way to build the burger is to add a dollop of mayonnaise to the base of my burger bun. Top with lettuce, tomato, beetroot, pineapple, Sticky BBQ chicken breast, pickles followed by grilled onion and a small dollop of the Sticky BBQ Sauce on top. Add the top bun and press down slightly. Grab a serving of Steakhouse Fries and sit and enjoy your creation.

Bon appetit.

Cooks Notes

There will be a lot of Sticky BBQ Sauce leftover. To keep it merely pour into icecube trays and freeze. Once frozen remove the cubes and add to a Ziploc ready to be defrosted for future use.