



## Steeped Chicken with Spicy Slaw

This dish was inspired by a classic way of poaching whole fish - basically you pop it in the pot, bring it to the boil, take it off the heat, cover it and walk away until it cools down ... by which time it's perfectly cooked. It gives a more succulent result than any other method I know. Use a free-range bird like those from Brendan at Eugowra Game Birds, poultry supplier to top restaurants who also home delivers. As poached chicken can be a little dull on its own, I added a spicy coleslaw to liven things up. A loaf of crusty bread wouldn't go astray either. And the leftover stock is the perfect base for a delicious soup.

**Serves 4**

### INGREDIENTS

- 1 x 1.5kg chicken
- 1 brown onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- Stems from 1 bunch parsley (leaves reserved for Slaw)
- 1 fresh bay leaf
- 1 teaspoon black peppercorns
- 1 tablespoon salt flakes

### Spicy Slaw

- ¼ Savoy cabbage, dark green outer leaves and thick central stem discarded
- 8 green onions, finely sliced
- 1 bunch parsley, leaves finely chopped
- ¼ cup finely chopped dill
- ¾ cup whole-egg mayonnaise
- 2½ tablespoons harissa
- 2 tablespoons lemon juice
- Salt flakes, to taste

### METHOD

1. Cut chicken in half, remove excess fat from neck and rinse cavity to remove any excess blood and remaining offal.
2. Place in a large saucepan with onion, carrot, celery, parsley stalks, bay leaf, peppercorns and salt. Add enough cold water to cover, cover with a lid and bring to the boil. Skim to remove any froth that has floated to the top, cover, remove from heat and set aside for 1½ hours or until cool.
3. Meanwhile, make Spicy Slaw: finely shred the cabbage and place in a large bowl with the green onion, parsley and dill. Shake mayonnaise, harissa, lemon juice and salt together in a screw top jar. Pour mayonnaise mixture over the salad and toss well to combine. Set aside.
4. Remove chicken from stock and set aside. Strain stock, discarding solids, cool and freeze to use as chicken stock for another dish.
5. Cut chicken into pieces, spread Spicy Slaw on a platter, arrange chicken on top and serve warm or at room temperature.