



NO-FRY FRIED CHICKEN WITH CARROT AND SWEETCORN SALAD

DIFFICULTY LEVEL: ●●● High
REQUIRES ASSISTANCE: ●●● Yes PORTIONS ●●●

INGREDIENTS

FOR THE CHICKEN:

- 3 cups of flour
- 8 eggs
- 4 cups bread crumbs (alternatively, panko or use simple flour)
- 4 leaves of *hoja santa* (alternatively, cilantro)
- 60 g *epazote* leaves (alternatively, thyme, fennel, dill, or any other herbs)
- 4 chicken legs
- 100 g butter (alternatively, olive oil or sunflower oil)

FOR THE CARROT AND SWEETCORN SALAD:

- 2 cups of sweetcorn kernels
- 1 cup carrots

FOR THE CORIANDER EMULSION:

- 200 g coriander stems
- 2 cups olive oil
- Salt to taste
- Amount of water required

METHOD

FOR THE CHICKEN:

- 1 Preheat the oven to 170° C and pour the flour into a bowl.
- 2 Beat the eggs in a separate bowl. Mix the bread crumbs with the salt in another bowl, and add to the finely chopped *epazote* and *hoja santa* leaves.
- 3 Coat the chicken legs first in flour, then in the beaten eggs and lastly in breadcrumbs.
- 4 Place butter on a baking sheet or baking tray and add the chicken legs, then add a cube of butter on top of each leg.
- 5 Bake for approximately 18 minutes at 74°C. Use a meat thermometer to check if it is cooked, or cut into the meat - the juices should run clear.

FOR THE CILANTRO EMULSION:

- 1 **Blanch** the cilantro stems in water until they are bright green. Then transfer them to an ice-water bowl.
- 2 Blend the cilantro stems, gradually adding the olive oil.
- 3 Add salt to taste.

FOR THE CARROT AND SWEETCORN SALAD:

- 1 Boil the corn kernels in salted water for 8 minutes.
- 2 Wash the carrots and chop them in half.
- 3 Place the vegetables in a bowl and add the coriander stem emulsion.

Blanching: A brief method of cooking where food is placed in boiling water for a few seconds or minutes, depending on the type of food.

