

## South Cape Chicken Breast w/ Cauliflower Steaks



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Approx. 4 Servings

*Flavor Note: This recipe may be made with many other Old Norse World Cuisine Spice Blends.*

| Amount             | Size  | Description                                    |
|--------------------|-------|--|
| <b>Brine</b>       |       |  |
| 4                  | Whole | Chicken Breasts                                |
| 2                  | Tbl   | Peppercorns                                    |
| 1                  | Whole | Lemon – Cut in Quarters                        |
| 4                  | Tbl   | Honey  |
| 1/3                | Cup   | Sea Salt                                       |
| <b>Preparation</b> |       |  |
| 4 – 6              | Tbl   | Old Norse World Cuisine South Africa Curry     |
| 1                  | Large | Cauliflower Head – Sliced into ¾” thick steaks |
| 3 – 4              | Cups  | Chicken Stock                                  |
| 2                  | Tbl   | Unsalted Butter                                |
| ½                  | Cup   | Flour  |

#### 1. Brine:

- Bring a stock pot to boil and add all the ingredients, but the chicken.
- Boil the ingredients for a few minutes, until the salt is dissolved.
- Remove from the heat and allow to cool to room temperature.
- Add the chicken breast and place in the refrigerator for 24 hours.

#### 2. Dish:

- Preheat the oven to 350 degrees.
- Add the 2 Tablespoons of Old Norse World Cuisine South African Curry to 3 tablespoons extra virgin olive oil and stir to mix.
- Brush all surfaces of the chicken breasts and the cauliflower steaks with the mixture
- Warm a skillet with a little canola oil to medium high heat.
- Place presentation side down of a chicken breast into the skillet. Allow to brown slightly, checking often to not burn.



- f. After all the chicken breasts are browned, repeat for the cauliflower steaks.
  - g. Once done, place chicken and cauliflower on a grate that is on a cookie sheet lined with tin foil.
  - h. Place the tray into the oven and bake for 30 to 45 minutes, until the chicken is 160 degrees internally.
  - i. Once the chicken is done, place them on a second grate to drain.
  - j. Place the cauliflower back in the oven and increase the temperature to 425 degrees.
  - k. Roast the cauliflower for 15 to 20 minutes until nicely done.
3. Gravy:
- a. Mix the flour with one cup of the chicken stock.
  - b. Using the skillet with the chicken and cauliflower sucs, add the remaining chicken stock and bring to a boil, scrapping up the sucs.
  - c. Gently pour some of the flour mixture into the skillet and stir. Once it starts to boil again, add a little more flour mixture. Continue until the gravy gently pours off, leaving a thin coat on the spoon.
  - d. Add the butter and stir until melted.
  - e. Season with salt and pepper to taste.
4. Plating:
- a. Spread a thin layer of gravy over half the plate.
  - b. Place a chicken breast and a cauliflower steak over the gravy.
  - c. Place a few red and yellow julienne cut bell peppers strips in a fan arraignment for a final touch.

