

South Cape Chicken Breast w/ Cauliflower Steaks

4 Servings



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

Instructions:

1. Brine:
 - a. Bring a stock pot to boil and add all the ingredients, but the chicken.
 - b. Boil the ingredients for a few minutes, until the salt is dissolved.
 - c. Remove from the heat and allow to cool to room temperature.
 - d. Add the chicken breast and place in the refrigerator for 24 hours.
2. Dish:
 - a. Preheat the oven to 350 degrees.
 - b. Add the 2 Tablespoons of curry blend to 3 tablespoons extra virgin olive oil and stir to mix.
 - c. Brush all surfaces of the chicken breasts and the cauliflower steaks with the curry – oil
 - d. Warm a skillet with a little canola oil to medium high heat.



- e. 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 juices, add the remaining chicken stock and bring to a boil, scraping up the juices.
 - 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

