



# FARM TO FORK

with  
*Manu*

RECIPE E-BOOK



"As a chef, I know using quality ingredients is key to great food. When it comes to chicken, I trust Ingham's. Having visited their poultry farms, I've seen firsthand the pride farmers take in raising each chicken with the utmost attention to welfare and quality. This dedication means, from farm to fork, Ingham's is *Always Good*."

**MANU FEILDEL**







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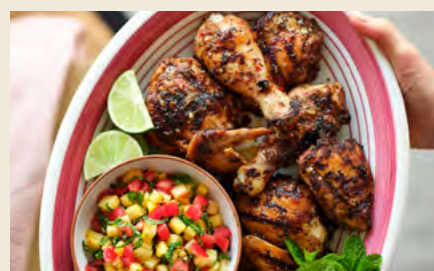
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# **BECAUSE I** *love what I do*

As a free-range chicken farmer, Farmer Grant starts his day very early, ensuring his chickens can roam freely outside and enjoy fresh air and sunlight. For him, animal welfare means more than just good food, clean water, and a safe temperature-controlled shelter;

it means allowing the chickens the freedom to move, exercise, and socialise comfortably. To meet RSPCA standards, it's essential for Inghams' farmers to provide regular health checks, access to enrichment like toys, dry, friable litter to dustbathe, perches for improved leg health, and daily supervision.



# COQ AU VIN

SERVES 4 | PREP OVERNIGHT, COOK 1 HOUR 10 MINS

## INGREDIENTS

4 chicken marylands  
1 bay leaf  
4 sprigs thyme  
2 teaspoons black peppercorns  
3 bruised garlic cloves, 2 grated garlic cloves  
750ml red wine (shiraz)  
2 tablespoons neutral oil or olive oil  
200g speck, cut into thick batons, skin removed and reserved  
250g button mushrooms  
50g unsalted butter

12 onion eschallots, skin peeled  
60g plain flour  
2 cups (500ml) beef stock  
2 tablespoons tomato paste



**MARINATE THE  
MARYLANDS OVERNIGHT  
FOR A RICHER FLAVOUR**

## METHOD

**1** Place the chicken, bay, thyme, the bruised garlic and black peppercorns in a large bowl. Pour over the wine then cover and refrigerate overnight.

**2** Drain the solids, but reserve the wine. Heat oil in a casserole pan over medium high heat, then season chicken and cook (in two batches) until browned all over. Remove from the pan and set aside.

**3** Add the speck to the pan and cook for 2–3 minutes until the fat starts to render then remove from the pan using a slotted spoon. Add the mushrooms and cook for a further 2–3 minutes until they colour, then remove and add the butter and onions (adding a little more butter if needed) and cook for 2–3 minutes. Add the garlic and cook for 1 minute, scatter over the flour and stir.

**4** Deglaze the pan with the reserved wine and the beef stock. Return the chicken, speck and skin, mushrooms as well as the bay leaf and thyme from the marinade and add the tomato paste to the pan.

**5** Bring to a simmer, reduce heat to medium low, cover with a lid and cook for 20 minutes, then remove lid and cook for further 40 minutes until sauce has thickened and reduced. Season to taste and scatter with parsley and serve alongside pomme puree.

**PRINT**



**SERVE WITH A DELICIOUS  
POMME PUREE AND A SPRINKLING  
OF CHOPPED PARSLEY**



**COOK ALONG  
WITH MANU**





# FAMILY CHICKEN AND LEEK PIE

SERVES 4–6 | PREP 30 MINS, COOK 45 MINS

## INGREDIENTS

1kg fresh boneless chicken thigh fillets  
Sea salt flakes and cracked black pepper  
2 leeks, trimmed  
2 tablespoons olive oil  
50g salted butter, chopped  
250g cup mushrooms, thickly sliced  
3 cloves garlic, thinly sliced  
1 tablespoon fresh thyme leaves, plus extra sprigs to garnish  
2 teaspoons dried tarragon leaves

½ cup dry white wine  
2 tablespoons plain flour  
2 tablespoons Dijon mustard  
1 cup chicken stock  
2 sheets sour cream shortcrust pastry, partially thawed (Carême)\*  
1 sheet frozen puff pastry, partially thawed (Carême)\*  
1 egg yolk  
1 tablespoon cream

*\*Carême Pastry is recommended, but other brands will also yield great results.*

**USE FRESHLY CHOPPED  
TARRAGON IF AVAILABLE**

## METHOD

**1** Cut chicken into 4cm pieces. Season with salt and pepper and toss to coat. Cut white part of leek into 1.5cm thick slices.

**2** Heat oil in a large, deep non-stick frying pan over high heat. Add chicken in two batches. Cook, stirring occasionally, for about 2–3 minutes, or until browned all over. Remove from pan.

**3** Reduce heat to medium and melt butter in same frying pan. Add leek and mushrooms. Cook, stirring occasionally, for about 5 minutes, or until softened. Add garlic, thyme and tarragon. Cook, stirring for a further 1 minute.

**4** Increase heat to high and add wine. Bring to boil. Boil for 1 minute, or until reduced by half. Stir in flour and mustard and cook for 1 minute. Add stock, then return chicken and bring to boil. Gently boil, stirring occasionally, for about 15 minutes, or until thickened. Season with salt and pepper. Transfer to a large bowl and cool slightly. Refrigerate, covered, until cold.

**5** Preheat oven to 220°C (fan-forced). Grease a 24cm round x 4.5cm deep cake pan.

**6** Place shortcrust pastry sheets on top of each other at different angles to form a star. Roll out large enough to line base and up side of pan. Lift and press into pan. Trim edge. Use trimmings to cover any gaps. Spoon in chilled filling.

**7** Roll out puff pastry sheet until just large enough to cover pie. Place over filling. Trim. Pinch edges to seal. Use a 1cm round cutter to cut out a hole in the centre of the pie.

**8** Whisk egg yolk and cream in a small bowl. Brush over pastry.

**9** Cook pie for 25 minutes. Reduce temperature to 200°C (fan-forced). Cook for a further 20 minutes, covering loosely with foil if over-browning, or until pastry is golden brown. Remove. Stand 15 minutes.

**10** Remove pie from pan. Garnish with extra thyme and sea salt flakes. Cut into wedges to serve.

**PRINT**





**FILLING CAN BE MADE UP  
TO TWO DAYS AHEAD. KEEP  
STORED IN AN AIRTIGHT  
CONTAINER IN THE FRIDGE**



**COOK ALONG  
WITH MANU**





# CHICKEN KATSU SANDO

SERVES 4 | PREP 35 MINS, COOK 20 MINS

## INGREDIENTS

4 x 200g–225g fresh chicken breast fillets  
1 cup buttermilk  
Sea salt flakes and cracked black pepper, to taste  
3 eggs, lightly beaten  
2 teaspoon extra virgin olive oil  
2 cups panko breadcrumbs  
½ cup plain flour  
2 tablespoons white vinegar  
1 tablespoon caster sugar  
1 large Lebanese cucumber, thinly sliced  
Vegetable oil, for shallow frying

1 loaf unsliced white bread  
⅔ cup kewpie mayonnaise  
1 tablespoon white miso paste  
¼ cup fresh coriander sprigs  
⅓ cup tonkatsu sauce

## Slaw

2 ½ cups thinly shredded green cabbage (200g)  
1 cup thinly shredded radicchio (75g)  
1 tablespoon extra virgin olive oil  
1 tablespoon lemon juice

**RADICCHIO CAN BE  
REPLACED WITH  
RED CABBAGE**

## METHOD

**1** Combine chicken and buttermilk in a large bowl. Season with salt. Refrigerate, covered, for at least 1 hour or overnight.

**2** Place eggs in a shallow dish. Place breadcrumbs in a separate shallow dish and season with salt and pepper.

**3** Drain chicken from buttermilk. Dust in flour, shaking off excess. Dip in egg, then in breadcrumbs, pressing to coat. Place on a tray lined with baking paper. Refrigerate, covered for 20 minutes.

**4** Heat oil in a large frying pan over medium-high heat. Add chicken in two batches. Cook for about 6–8 minutes on each side, or until crisp and cooked through. Transfer to a wire rack.

**5** Meanwhile, stir vinegar and sugar in a bowl until dissolved. Add cucumber and season with salt. Toss to combine. Set aside to pickle for 10 minutes.

**6** To make slaw, combine all ingredients in a bowl. Season with salt and pepper. Toss to coat.

**7** Cut eight x 2.5cm thick slices from loaf of bread. Combine mayonnaise and miso in a bowl and mix well.

**8** To assemble, spread mayonnaise mixture over bread slices. Place chicken on one slice, then top with cucumber, slaw and coriander. Drizzle with tonkatsu. Add the second slice of bread on top, then cut in half to serve.

**PRINT**

**REFRIGERATING CRUMBED  
CHICKEN HELPS THE  
COATING STICK**

**COOK ALONG  
WITH MANU**





A man with a friendly expression, wearing a white lab coat over a white t-shirt and a yellow hairnet, is the central figure. He is looking slightly to his right. The background is a blurred industrial setting with various pieces of machinery and equipment. Another person in a blue hairnet is visible in the background on the right.

# INSTILLING *good culture*

**Interviewer:** Are you able to introduce yourself and let us know what you believe you bring to the workplace each day.

**Tristan:** [I'm] Tristan, Supervisor of the Boning Room, Cut Up Lines and Specialised Boning.

I like to think I bring some youth, good energy, instilling good culture, working with others, [and] achieving the goals that we want.

**Interviewer:** What do you think people love most about working with you?

**Tristan:** Uh, my personality! \*chuckle\* No, look I started from the bottom so I've worked beside them (co-workers). I've been able to help people grow... To go from there (hand pointing down), and work your way up, you learn a lot of respect for your teammates, so yeah it's really good.

**Interviewer:** So do you see your team mates as friends?

**Tristan:** Absolutely. There's a time and place – work first but I always try to have inside jokes with people to keep their day going. Like I said, good energy and good morale.



# MEENA'S SRI LANKAN CHICKEN CURRY

SERVES 4 | PREP 10 MINS, COOK 50 MINS

## INGREDIENTS

1kg Boneless chicken thighs – cut into 5cm chunks  
2 teaspoons turmeric powder  
2 tablespoons fresh ginger paste  
2 tablespoons olive oil  
3 sprig sticks curry leaves  
1 stick cinnamon  
1 brown onion, finely diced  
2 tomatoes, roughly chopped  
3 long green chilies, slit, seeds removed

2 tablespoons Sri Lankan Curry Powder  
2 tablespoons tomato paste  
½ cup (125ml) coconut milk  
Steamed basmati rice and roti bread to serve

**MEENA RECOMMENDS KINGS CURRY POWDER FROM ANY LOCAL SRI LANKAN GROCER**

## METHOD

**1** In a bowl combine chicken, turmeric powder and ginger and set aside.

**2** Heat oil in a large saucepan over medium heat. Add curry leaves, cinnamon stick and cook for 2 minutes. Add onions and cook for a further 7–8 minutes until fragrant and translucent.

**3** Add tomatoes, chilies, tomato paste and cook until tomato has softened. Add curry powder and cook for 2 minutes. Add marinated chicken pieces, mix through and fry for 5 minutes until chicken is cooked. Followed by coconut milk and ¼ cup (60ml) water, season with salt flakes.

**4** Cover with a lid and simmer for 30 minutes or until curry has reduced. Serve with steamed rice and roti bread.

**PRINT**



**MANU AND MEENA  
AT INGMAHS**





**SERVE OVER A BED OF  
STEAMED BASMATI RICE**



**COOK ALONG  
WITH MANU**





# MALAYSIAN FRIED CHICKEN WITH COCONUT RICE

SERVES 4 | PREP 30 MINS, COOK 35 MINS

## INGREDIENTS

6 fresh chicken marylands  
4 eschalots, peeled, chopped  
2 lemongrass stalks, pale part only, bruised and coarsely chopped  
6 cloves garlic, peeled  
4cm piece ginger, peeled, chopped  
2 tablespoons vegetable oil, plus extra for deep-frying  
1 tablespoon lime juice  
2 teaspoons soy sauce  
1 egg, lightly beaten  
½ cup cornflour  
1 tablespoon chili powder

**IF YOU DON'T LIKE SPICE,  
REDUCE CHILI POWDER  
OR OMIT FROM RECIPE**

## METHOD

1 Place each maryland, skin-side down on a board. Using the thin line of fat as a guide, cut through the ball joint to separate thigh and drumstick.

2 Combine eschalots, lemongrass, garlic and ginger in a small food processor. Process until finely chopped. Add oil and process until mixture becomes a fine paste. Transfer to a large shallow dish. Stir in lime juice, soy sauce and egg.

3 Add cornflour, chili powder, curry powder, cumin and sugar to the garlic mixture. Season with salt. Whisk to combine. Add chicken and toss well to coat. Cover and allow to marinate for 30 minutes at room temperature.

4 Heat enough oil in a deep fryer or stockpot to between 175°C–180°C. Working in batches of three pieces at a time, carefully ease the chicken into the oil and cook for 6–8 minutes, or until crisp, golden brown and cooked through. Remove with a slotted spoon and allow excess oil to drain away. Transfer to a wire rack over an oven tray.

3 teaspoons mild curry powder

½ teaspoon ground cumin

3 teaspoons caster sugar

Sea salt flakes, to season

Fresh cucumber, sliced red chili and lime wedges, to serve

Fresh coriander leaves, to garnish

## Coconut rice

300g long grain rice, rinsed

200ml coconut milk

**CUT CUCUMBER INTO  
CHUNKY IRREGULAR  
WEDGES**

5 Keep warm in a moderately slow oven (160°C) whilst cooking remaining chicken.

6 Meanwhile, to make coconut rice, place rice, coconut milk and 400ml water in a large saucepan. Bring to boil. Reduce heat to low, cover with lid and cook for about 12 minutes, or until liquid is absorbed. Remove from heat and stand for 5 minutes. Fluff with a fork.

7 Serve chicken with coconut rice, cucumber, chili and lime wedges. Garnish with coriander leaves.

**PRINT**





**CHICKEN CAN BE MARINATED  
FOR UP TO 24 HOURS IN THE  
FRIDGE. REMOVE AT LEAST  
1 HOUR BEFORE COOKING**



**COOK ALONG  
WITH MANU**





# MOROCCAN CHICKEN TAGINE

SERVES 4 | PREP 25 MINS, COOK 1 HOUR

## INGREDIENTS

4 fresh chicken thigh cutlets  
4 fresh chicken drumsticks  
1 tablespoon Moroccan seasoning  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
1 teaspoon finely grated lemon rind  
Sea salt flakes and cracked black pepper  
1 tablespoon olive oil  
2 brown onions, thinly sliced  
3 cloves garlic, thinly sliced

⅓ bunch fresh coriander, root and stems finely chopped, leaves reserved  
125g fresh pitted dates  
150g soft and juicy dried apricots  
1 cinnamon stick  
1 cup chicken stock  
2 tablespoons lemon juice  
⅓ cup pitted green olives, halved

**BEFORE SERVING ADD A SQUEEZE OF LEMON JUICE TO THE PLATED DISH**

## METHOD

- 1 Preheat the oven to 160°C (fan-forced).
- 2 Place chicken on a large tray. Combine Moroccan seasoning, paprika, cumin and lemon rind in a bowl. Sprinkle over chicken and season with salt and pepper.
- 3 Heat oil in a large ovenproof, flameproof casserole dish over a medium-high heat. In batches, add chicken, skin-side down. Cook for about 3–4 minutes, or until golden brown. Turn over. Cook for a further 1 minute, or until browned. Remove.
- 4 Reduce heat to medium-low. Add onion. Cook, stirring occasionally, for about 5 minutes, or until translucent and soft. Add garlic and coriander. Cook, stirring for a further 2 minutes.

- 5 Return chicken to dish with dates, apricots and cinnamon. Pour over stock. Bring to boil. Cover with lid.
- 6 Cook in the oven for about 1 hour, or until chicken is cooked through and falling away from the bone. Remove. Stir in lemon juice and scatter with olives.
- 7 Garnish with reserved coriander leaves. Serve with couscous and lemon wedges.

**SERVE WITH A SIDE OF FLUFFY COUSCOUS**

**PRINT**

**COOK ALONG WITH MANU**





# IT'S ABOUT *feeding Australia*

At Ingham's, we know feeding Australia is about more than just delivering food—it's about fostering trust and ensuring our products are produced responsibly and sustainably. From farm to fork, we are dedicated to providing 100% Australian-farmed, RSPCA Approved

chicken that's Always Good. When it comes to good food, things get heated between Manu and Daryn about what makes the perfect pub meal, but there's no convincing Daryn that there's any dish to rival a classic chicken schnitty.





# CAFÉ DE PARIS STUFFED CHICKEN SCHNITZEL

SERVES 2 | PREP 2 HOURS 30 MINS, COOK 15 MINS

## INGREDIENTS

2 chicken breast fillets  
8 slices prosciutto  
2 XL eggs, lightly whisked  
½ cup flour  
1 ½ cups panko breadcrumbs  
Neutral oil to deep fry

### Café De Paris butter

80g unsalted butter, softened  
1 shallot, finely chopped  
1 garlic clove, finely chopped  
3 anchovy fillets minced  
Juice of ½ lemon  
2 teaspoons Worcestershire sauce  
2 teaspoons French Dijon mustard  
2 teaspoons curry powder  
½ teaspoons paprika  
2 teaspoons dry tarragon  
2 teaspoons finely chopped parsley

## METHOD

**1** For the butter, combine all ingredients in a bowl, mash with a fork and stir to combine. Spoon mixture into the centre of a piece of baking paper. Form a 9cm x 5cm rectangle then freeze for 1 hour.

**2** Using a sharp knife, make a deep cut along 1 side of each chicken breast to butterfly, but don't cut all the way through. Between plastic wrap, pound out the chicken using a rolling pin until thin but do not break the flesh. Cut butter in half lengthways then place a frozen baton in the middle. Fold in the sides of the chicken (using the plastic wrap to help you do this) then roll the chicken to completely enclose the butter. Wrap tightly in the cling film and freeze for 1 hour. Repeat with other chicken piece and butter baton.

**3** Lay 4 pieces of prosciutto on top of a piece of plastic wrap or baking paper so they overlap slightly. Remove chicken carefully from wrap and place in the centre of the prosciutto then wrap and enclose completely with the prosciutto like a tight blanket so there are no gaps. Repeat with other piece of chicken.

**4** Place breadcrumbs in a shallow wide bowl. Season with salt and pepper. Place flour on a plate. Whisk eggs in a shallow bowl. After removing from plastic wrap, coat a piece of prosciutto wrapped chicken in flour, shaking off excess. Be careful to not break the prosciutto apart. Dip in egg then coat in breadcrumb. Place on a plate. Repeat with other piece of chicken.

**5** Preheat oven to 200°C (fan-forced).

**6** Heat oil in a saucepan over medium high heat until 180°C (fan-forced). Cook chicken for 3–4 minutes or until golden all over. You may want to do this one at a time. Remove from oil and place onto a baking tray. Bake for 8–10 minutes or until cooked through. Remove from oven and rest for 5 minutes.

**PRINT**



**IF TIME PERMITS, ENCLOSE  
IN WRAP AGAIN AND FREEZE  
FOR 30 MINS TO FIRM UP**



SERVE WITH A FRESH  
GARDEN SALAD AND  
OVEN BAKED FRIES



COOK ALONG  
WITH MANU





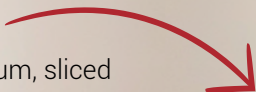
# CHICKEN BASQUAISE

SERVES 4 | PREP 30 MINS, COOK 50 MINS

## INGREDIENTS

1.8kg fresh whole chicken  
Sea salt flakes and cracked black pepper  
2 tablespoons olive oil  
50g butter  
2 brown onions, thinly sliced  
4 cloves garlic, thinly sliced  
100g piece pancetta, thickly sliced  
1 each red, green and yellow capsicum, sliced  
2 long green chilies, deseeded, sliced  
1 teaspoon smoked paprika  
½ teaspoon cayenne pepper (optional)  
2 teaspoons fresh thyme leaves  
2 fresh bay leaves

3 large tomatoes (500g), chopped  
200ml dry white wine  
¼ cup chicken stock  
1 tablespoon red wine vinegar  
Mashed potato, to serve  
Chopped fresh parsley, to garnish



**PANCETTA CAN BE  
REPLACED WITH BACON OR  
PROSCIUTTO, IF PREFERRED**

## METHOD

**1** Pat chicken dry with paper towel. Trim excess fat from inside chicken cavity. Place on a chopping board, breast-side up. To remove marylands, pull one leg away and slice through the skin between the breast and thigh. Continue to bend the leg backwards until thighbone pops out of its socket. Cut through the joint and skin to detach completely. Repeat with remaining leg.

**2** With breasts still facing up, cut through rib cage and then shoulder joints to separate breasts from the back. Turn over and cut down the centre of the breasts, through the bone and cartilage, to separate them. Cut each breast in half on an angle.

**3** Season all chicken pieces with salt and pepper.

**4** Heat oil and butter in a large, shallow flameproof casserole dish over medium-high heat. When the butter starts to foam, add the chicken, skin-side down, in two batches. Cook, for about 5 minutes, or until well browned. Turn over. Cook for a further 1 minute. Remove from the dish, reserving oil and juices in the pan.

**5** Reduce heat to medium. Add onion, garlic and pancetta. Cook, stirring occasionally for about 8 minutes, or until softened. Increase heat to high and add capsicums, chili, paprika and cayenne pepper. Cook, stirring occasionally, for a further 5–6 minutes, or until the capsicum is slightly caramelised and soft.

**6** Stir in thyme, bay leaves, tomatoes and wine. Bring to boil. Simmer for 5 minutes, or until reduced by half. Add stock, vinegar and chicken pieces. Bring to boil. Cover with lid and reduce heat to low.

**7** Cook for 35 minutes. Remove lid and cook for a further 10–15 minutes, or until chicken is cooked through and sauce is thickened slightly. Remove from heat.

**8** Serve with mash. Garnish with parsley.

**PRINT**



**UNSURE HOW TO PORTION A CHICKEN?  
WATCH MANU'S HOW-TO VIDEO**





COOK ALONG  
WITH MANU







# VEGEMITE CHICKEN BITES

SERVES 4–6 | PREP 20 MINS, COOK 30 MINS

## INGREDIENTS

750g fresh boneless drumsticks  
2 green spring onions  
2 tablespoons Vegemite  
¼ cup chicken stock  
2 tablespoons Shaoxing wine  
2 teaspoons sesame oil  
2 cloves garlic, crushed  
2 teaspoons finely grated fresh ginger

CHINESE  
COOKING  
WINE

2 teaspoons caster sugar  
1 tablespoon sesame seeds  
Vegetable oil, for deep frying  
1 ⅓ cups cornflour  
Toasted sesame seeds, to garnish

### Kewpie & Vegemite mayonnaise

½ cup Kewpie mayonnaise  
2 teaspoons Vegemite

## METHOD

**1** Cut chicken into 3cm pieces. Finely chop white and pale green part of spring onions. Thinly slice dark green part and reserve.

**2** Whisk Vegemite, stock, Shaoxing wine and sesame oil in a large bowl until smooth. Stir in finely chopped spring onion, garlic, ginger, sugar and sesame seeds to combine. Add chicken and stir to coat. Refrigerate, covered, for 30 minutes.

**3** Heat oil in a deep fryer or large saucepan until between 175°C–180°C. Drain chicken from marinade.

**4** In batches, dust chicken in cornflour, shaking off excess. Add to oil. Cook for about 4 minutes, or until golden brown and chicken is cooked through. Remove with a slotted spoon allowing excess oil to drip away. Transfer to a wire rack.

**5** To make mayonnaise, whisk ingredients in a bowl until smooth.

**6** Serve chicken with Kewpie & Vegemite mayonnaise. Scatter with toasted sesame seeds and reserved spring onion.

PRINT

COOK ALONG  
WITH MANU





*"With such good quality produce,  
you really don't need much to  
make amazing meals."*

**MANU FEILDEL**





# SMOKER BBQ PERI PERI CHICKEN

SERVES 4–6 | PREP 15 MINS, COOK 3 HOURS

## INGREDIENTS

1.8kg chicken, butterflied  
1 tablespoon dried oregano  
1 tablespoon smoked paprika  
1 tablespoon salt flakes  
1 lemon, halved

### Peri Peri sauce

⅓ cup (80ml) extra virgin olive oil  
1 red onion, chopped  
4 large garlic cloves, chopped  
8 birds eye chilies, chopped

**FOLLOW ALONG  
WITH MANU'S  
HOW-TO VIDEO**

1 teaspoons smoked paprika  
2 teaspoons dried oregano  
1 teaspoons cayenne pepper  
1 teaspoons salt  
125g roasted capsicum, chopped  
⅓ cup (80ml) red wine vinegar  
1 tablespoon caster sugar  
Zest and juice of 2 lemons

## METHOD

**1** Butterfly the chicken by cutting out and removing the backbone (you can ask butcher to do this for you).

**2** Heat a smoker at 120°C or if using a barbecue preheat to medium heat (about 200°C for a barbecue with a lid). Preferably with indirect heat (only outer ring of flames).

**3** For the dry spice mix, combine dried oregano, smoked paprika and salt flakes into a small bowl. Rub spice mix all over chicken. Place chicken skin side up onto the smoker and cook for 3 hours or until cooked and charred.

**4** For the Peri Peri sauce, heat the oil in a saucepan over medium heat. Add the onion and cook for 3–4 minutes until softened, then add the garlic, chili and cook for another minute. Add the paprika, oregano, salt flakes and cook for another minute. Add the remaining ingredients then stir and cook for 6–8 minutes until liquid has reduced slightly. Cool slightly then place in a food processor and whiz until a smooth sauce. Season to taste.

**5** In the last hour of cooking, spoon the Peri Peri sauce over the chicken and continue to cook for the full amount of time.

**6** Add the lemon halves to the smoker or barbecue cut side down too. If you want to make sure the chicken is cooked through, make a small incision with a knife at the leg joint – if the juices run clear then the chicken is cooked through.

**7** Remove chicken from the smoker with the lemons and rest, lightly covered with foil for 10 minutes. This is an important step, don't skip it. Cut up the chicken and serve with remaining Peri Peri, drizzled with roasted lemon and any resting juices and coriander.

**IF YOU DON'T HAVE A SMOKER,  
USE A BBQ AND COOK FOR  
1 HOUR UNTIL CHARRED**

**PRINT**



**DON'T LET THAT GOOD SAUCE  
GO TO WASTE! SPOON IT OVER  
PLATED CHICKEN**



**COOK ALONG  
WITH MANU**





# BBQ'D JERK CHICKEN WITH PINEAPPLE SALSA

SERVES 4 | PREP 25 MINS, COOK 30 MINS

## INGREDIENTS

1.8kg fresh whole chicken  
Lime wedges, to serve  
Fresh mint leaves, to garnish

### Marinade

1 small brown onion, chopped  
3 cloves garlic, peeled  
2cm piece ginger, peeled, chopped  
1 long red chili, chopped  
2 tablespoons soy sauce  
2 tablespoons brown sugar  
2 teaspoons allspice  
1 teaspoon ground cinnamon

## METHOD

**1** Pat chicken dry with paper towel. Trim excess fat from inside chicken cavity. Place on a chopping board, breast-side up. To remove legs, pull one leg away and slice through the skin between the breast and thigh. Continue to bend the leg backwards until thighbone pops out of its socket. Cut through the joint and skin to detach completely. Repeat with remaining leg.

**2** Place each leg skin-side down on board. Using the thin line of fat as a guide, cut through the ball joint to separate thigh and drumstick.

**3** With breasts still facing up, cut through rib cage and then shoulder joints to separate breasts from the back. Turn over and cut down the centre of the breasts, through the bone and cartilage, to separate them.

**4** To make marinade, place onion, garlic, ginger and chili in a small food processor. Process until chopped. Add remaining ingredients. Process until combined.

1 teaspoon dried thyme leaves  
½ teaspoon ground nutmeg  
Sea salt flakes and cracked black pepper

### Pineapple salsa

½ large pineapple, peeled, finely chopped  
2 vine-ripened tomatoes, finely chopped  
2 tablespoons thinly shredded fresh mint  
2 tablespoons lime juice

**YOU CAN ALSO USE A CHARGRILL PAN TO BROWN CHICKEN, THEN TRANSFER TO OVEN AT 180°C TO COOK THROUGH**



**5** Combine marinade and chicken pieces in a large bowl. Toss to coat. Refrigerate, covered, for 30 minutes or overnight, if time permits.

**6** Heat barbecue to high heat. Add chicken, skin-side down. Cook for about 5 minutes, or until charred. Turn over. Cover with lid and reduce heat to low. Cook for a further 25 minutes, removing chicken breast pieces after 20 minutes, or until cooked through.

**7** Meanwhile, to make salsa, combine all ingredients in a bowl. Season with salt and pepper and toss to combine.

**8** Serve chicken with salsa and lime wedges. Garnish with mint leaves.

**PRINT**



**IF YOU DON'T LIKE SPICE, DESEED CHILI BEFORE ADDING TO MARINADE**





COOK ALONG  
WITH MANU





**WE HAVE MORE TASTY  
RECIPES COMING.  
STAY IN THE LOOP  
BY FOLLOWING  
OUR SOCIALS!**

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