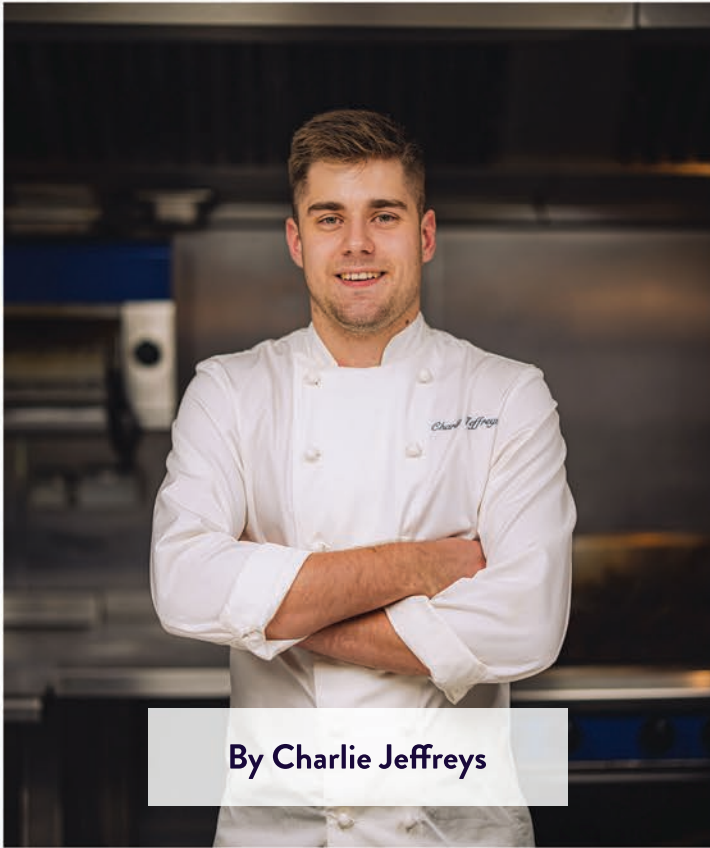


Crispy buttermilk chicken burger, honey mustard mayo and pickled red cabbage

Prep Time: 1 hour

Cook Time: 40 minutes

Serves: 4



By Charlie Jeffreys

Ingredients

Buttermilk chicken

- x4 large boneless/skinless chicken thighs
- 300ml buttermilk
- 100g plain flour
- Vegetable oil for frying
- 2 tsp smoked paprika
- 1 tsp dried oregano
- 1 zest of lemon
- Cracked black pepper/salt

Honey mustard mayo

- 15g honey
- 150g mayo
- 5g wholegrain mustard
- Cracked pepper/salt

Pickled red cabbage

- 175g white wine vinegar
- 125g maple syrup
- 150g water
- 10 pieces black peppercorn whole
- 1 star anised
- 2 cloves garlic
- 1 orange zest
- Half red cabbage

To serve

- 4 brioche burger buns
- x1 Fresh sliced tomato
- x1 baby gem separated into leaves

Method

Start by putting the thighs on a chopping board and remove the sinew. Put baking paper over the top and bash them until they are all the same thickness. Then rub the thighs with all the seasonings, add the buttermilk and again rub this in. Leave the thighs for 3-4 hours or if you have time overnight.

Meanwhile in another bowl mix the honey, mayo and wholegrain mustard together and season correctly. Make the pickling liquor by adding all of the ingredients into a pan and bring to a boil, then thinly slice the cabbage and sweat in a pan with a touch of olive oil do this for a few minutes then pass the liquor into the cabbage pan removing all the small spices in the liquor. Bring to the boil and then leave on the side to continue cooking.

Remove the chicken from the bowl and then dredge in the flour coating every part, put the floured thighs back into the buttermilk and then back into the flour.

Finally heat the vegetable oil (200c) in a pan and slowly drop in the thighs it should bubble, take out when the chicken is a dark golden colour. Remove from the oil and leave on a rack/tray and season with salt.

Open the brioche buns and toast under the grill or in a pan, and then add a good spreading of honey mustard mayo. Add the chicken thigh and then all the rest of the ingredients.