

Chicken Sous Vide

First we marinate our chicken in brine overnight.

Brine:

3 Lemons, halved

6 Bay Leaves

2 oz. Fresh Parsley

½ oz. Fresh Thyme

¼ cup Honey

4 Whole Garlic Cloves

2 Tablespoons Whole Black Peppercorns

1 Cup Kosher Salt

1 Gallon Water

Simmer half of the water, dissolve the salt, and cool.

Add to remaining ingredients when water is cooled properly.

Add Chicken and let sit overnight.

When pulling chicken, rinse well and allow to drain.

The next day we vacuum seal our chicken with 2 Tablespoons of bacon fat, and a few sprigs of thyme.

Sous Vide cooking involves cooking a sealed product in water in which the temperature of the water is controlled. We bring our water bath to 165 degrees and then add our sealed chicken into the water. We then maintain the temperature and allow the chicken to cook for three hours. After cooking, we then place our chicken, still sealed, into an ice bath to induce rapid cooling.

When preparing to serve this product, we bake it in a convection oven at 350 for ten minutes. We then coat it in butter and finish it in a 500 oven to provide that nice, crispy texture to the skin.

We finish the chicken with a pancetta maple glaze.

Glaze:

2 Cups Pancetta Bacon, Thinly Diced

2 Cups Heavy Cream

2 Cups Pure Maple Syrup

Render Pancetta until the bacon is fully cooked.

Add Cream and reduce by 1/3.

Add Maple Syrup and reduce until thick enough to coat the chicken with falling off of it.

Served with Mashed Sweet Potatoes and Chef Cory's Collard Greens.