

# Ximón's Pan Fried Chicken with Apple Pan Sauce and Roast Potatoes



## Ingredients

### Pan Fried Chicken

1 each - Chicken thigh or breast, skin on. For the competition I used thigh meat.

To taste - Flour, Salt, Pepper

As needed - Cooking oil (I prefer olive oil) and butter

### Apple Pan Sauce

**\*Note:** This is the original recipe that Ximón adapted using ingredients provided in the competition. Instead of apple cider, apple cider vinegar, brown sugar, and granny smith apples, they used champagne vinegar, juice from the canned peaches, and 3 small red apples dressed with a squeeze of lemon juice.

Kosher salt and freshly ground black pepper to taste

1/2 cup (170ml) cider vinegar

1/2 cup (170ml) apple cider

1/2 cup (150g) packed dark brown sugar

Pinch of ground cinnamon, cloves, and/or nutmeg

1 tablespoon (15ml) vegetable oil

2 tablespoons (45g) unsalted butter, divided

2 thyme sprigs (optional)

1 roughly chopped shallot and/or 2 cloves lightly smashed garlic

1 Granny Smith or other tart apple, peeled, cored, and cut into 1/2-inch cubes (about 1 cup)

### Aquafaba Coated Roast Potatoes

2 lbs (900 grams) Yukon Gold potatoes

1/3 cup (80 ml) aquafaba, the liquid from a can of chickpeas

3 tablespoons semolina or fine/medium cornmeal (Ximon's note: in the competition, I used flour)

1 teaspoon fine sea salt

1 teaspoon freshly ground black pepper

## Instructions

### Pan Fried Chicken

1. Season both sides of the chicken with flour, salt and pepper.
2. Heat a saucepan on low heat, add some oil and butter just to coat the bottom of the pan.
3. Add your chicken skin side down and adjust heat to medium.
4. When chicken skin has crisped, flip your chicken over and finish cooking until the meat feels firm. Alternatively, it can be taken out of the pan and transferred to a 400°F oven until internal temperature reaches 165°F.
5. Remove cooked chicken and place in aluminum foil lightly to keep warm while you make the pan sauce.

### Apple Pan Sauce

1. Whisk together the vinegar, cider, brown sugar, cinnamon, cloves, and nutmeg (if using). Set aside.
2. Once meat (chicken thigh, breast, or even pork chops work extremely well with this sauce) is removed from the pan, add 1 tablespoon of the butter and the shallots/garlic and sweat until fragrant. Do not burn.
3. Add the additional tablespoon of butter and diced apples to the pan, return to medium-high heat, and cook, stirring constantly, until the apples are browned and softened, about 3 minutes.
4. Add the vinegar mixture and reduce until syrupy, about 4 minutes.
5. Season to taste with salt and pepper.
6. Serve either below the meat to preserve crispy skin texture, or pour on top if serving on a pork chop. Enjoy!

### Aquafaba Coated Roast Potatoes

1. Preheat the oven to 450°F (232 °C) and line a baking tray or roasting tin with parchment paper or a silicone baking mat.
2. Peel the potatoes and cut into chunks. Timings here are based on a medium potato being cut into about 5 pieces. Make sure all pieces are pretty even.
3. Place the potatoes in a saucepan, cover with water and bring to a boil. Once at a rolling boil cook for about 7 to 8 minutes until you can just manage to stick a fork in them but they are still quite hard. Once at this point, drain then immediately return to the hot saucepan. Allow to steam dry with the lid off for a couple of minutes before proceeding.
4. Add the aquafaba and cornmeal to the potatoes, put the lid on the saucepan and shake vigorously a good few times to rough up the potatoes, then dig in with a spoon and stir them around a bit to get the slurry that has settled on the bottom to coat them thoroughly. Don't worry if they break up a little bit.
5. Tip the potatoes onto the lined tray, spread them out in a single layer, then season with a generous amount of salt and freshly ground pepper.
6. Place in the hot oven on one of the upper shelves, and cook for 25 minutes. Remove, flip them all over, then return to the oven and cook until they are a lovely golden brown. It should take around 25 to 30 minutes, but the time will vary a little depending on your oven and the type of pan you are cooking them in.

## **Desiree's Harissa Cauliflower Tacos with Roasted Corn, Yam, and Black Bean Salad**



### **Ingredients**

#### **Harissa Cauliflower**

1/2 cauliflower head  
3 tablespoons oil  
2 tablespoons harissa  
2 cloves minced garlic  
Juice of 1 lime  
1 teaspoon powdered garlic  
Salt and pepper to taste

#### **Roasted Corn, Yam, and Black Bean Salad**

2 ears of corn  
2 yams  
1 can of black beans, drained and rinsed

#### **Sage Mayonnaise**

1 cup oil  
Juice of 1 lemon  
2 fresh sage leaves  
Salt and pepper to taste  
Aquafaba (liquid from a can of garbanzo beans)

#### **Tacos**

10 small corn tortillas  
Fresh cilantro, chopped (for garnish)  
Lime wedges (for serving)

## Instructions

- 1. Prepare the Harissa Cauliflower:** Preheat your oven to 400°F (200°C). Cut the cauliflower in half and remove the stem. Break it into smaller florets. In a large bowl, combine the cauliflower florets, 3 tablespoons of oil, 2 tablespoons of harissa, 2 cloves of minced garlic, lime juice, powdered garlic, salt, and pepper. Mix well to ensure all the florets are evenly coated. Spread the cauliflower on a baking sheet in a single layer. Roast in the preheated oven for about 25-30 minutes, or until the cauliflower is soft and has a nice golden color. Stir halfway through the cooking time for even roasting.
- 2. Prepare the Roasted Corn, Yam, and Black Bean Salad:** Roast the corn and yams directly on an open flame or grill until they are nicely charred. Once cooled, cut the corn kernels off the cob and dice the yams into bite-sized pieces. In a large mixing bowl, combine the roasted corn, diced yams, and the drained black beans. Mix gently to combine and season with salt and pepper to taste.
- 3. Prepare the Sage Mayonnaise:** In a blender or food processor, combine the aquafaba, 1 cup of oil, lemon juice, and 2 fresh sage leaves. Blend until smooth and creamy. Season with salt and pepper to taste.
- 4. Assemble the Tacos:** Warm the corn tortillas in a dry skillet over medium heat until pliable. Place a few pieces of roasted harissa cauliflower in each tortilla. Drizzle with sage mayonnaise. Garnish with fresh cilantro.
- 5. Serve:** Serve the tacos with a side of the roasted corn, yam, and black bean salad. Add lime wedges on the side for squeezing over the tacos.

## Diana's Chicken Rice Bowl with Grilled Corn Pico de Gallo



### Ingredients (serves 2)

4 boneless chicken thighs  
1 cup long grain white rice  
1/2 cup canned black beans (drained)  
1/2 cucumber (small dice)  
2 small tomatoes  
1/4 small onion (small dice)  
1 ear of corn (submerged in water with husk for 30 min)  
1 lemon (juiced)  
1 tsp garlic powder  
Salt to taste  
Black pepper to taste  
2 tbsp oil

### Instructions

- 1. Marinate the Chicken:** Prep the chicken thighs by cutting any excess fat and patting dry. Place the chicken thighs in a large mixing bowl. Add lemon juice, 1/2 tsp salt, 1/4 tsp black pepper, garlic powder, and oil. Mix well to coat the chicken evenly. Cover and set aside to marinate for 30 minutes.
- 2. Prepare the Corn:** Cut the top of the corn to make it easier to pull off the husk. Submerge the corn in water for 30 minutes.
- 3. Cook the Rice:** Rinse the white rice and place it in a pot with 1 1/2 cups of water and a pinch of salt. Bring to a boil, then reduce the heat to low and cook for 20 minutes. Turn off the heat and fluff the rice with a fork.

4. **Make the Pico de Gallo:** Cut the cucumber in half lengthwise, scoop out the seeds, and dice finely. Place in a mixing bowl. Dice the onion finely and add to the mixing bowl. Bring a saucepan of water to a boil with a pinch of salt. Make an X cut on the tops of the tomatoes and blanch them in the boiling water for 30-60 seconds. Remove the tomatoes and shock them in ice water to stop the cooking process. Peel, seed, and dice the tomatoes, then add to the mixing bowl. Set aside.

5. **Drain the Black Beans:** Drain the black beans using a strainer and set aside.

6. **Grill the Chicken and Corn:** After 30 minutes of marinating the chicken and soaking the corn, prep the grill. Grill the chicken thighs for 8-10 minutes on each side until they reach an internal temperature of 165°F. Set aside to rest for 5 minutes before cutting. Drain the corn, pull the husk down, and place the corn on the grill. Rotate the corn until it achieves a golden color (about 15 minutes). Set aside to cool, then cut the kernels off the cob and add to the pico de gallo. Season with salt and pepper and mix well.

7. **Plate the Dish:** In a bowl, layer the cooked white rice, black beans, diced grilled chicken, and pico de gallo with grilled corn kernels. Serve and enjoy!