

A chef
recipe from...



www.ibericalondon.co.uk

Barbeque Chicken in Sangria Marinade with grilled new potatoes

INGREDIENTS

- 1 Medium sized free range chicken
- 200ml Rioja Red Wine
- 100ml Orange juice
- 200ml Sprite
- 2 Oranges
- 1 Lemon
- 1 Lime
- 100gr Sugar
- 20ml Cointreau
- 50gr of Pimenton Picante
- 5gr of Cumin powder
- 20gr Chopped garlic
- 1 Cinnamon Stick
- Salt and pepper to taste



To garnish
New potatoes
boiled and cut in half
Diced lemon and
orange wedges
Chopped parsley



Turn over for Cooking Method...

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Laverstoke Park Farm

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(continued)

1. Take the chicken and cut in half through the spinal column. Clean the inside of the cavity, with a knife, cut off the spinal column leaving the breast and leg.
2. In a bowl add all the liquids: red wine, orange juice, Cointreau and Sprite.
3. Mix in the dry ingredients: Pimenton Picante, Cumin powder and sugar.
4. Add the zest of the two oranges and the lime, keep the orange and lime.
5. Add the chopped garlic and crushed cinnamon stick.
6. Mix all the ingredients together well.
7. In a pan place the chicken skin down and pour the marinade on top mix the marinade well all over the chicken leaving the chicken skin side down.
8. With the lime and lemon slice them into thin slices and mix in with the chicken.
9. Allow to marinate for at least 24 hours in the fridge.
10. To cook take the chicken out of the marinade and drain the excess marinade off, pat a dry.
11. Season with salt and a little black pepper.
12. Drain the marinade into a small pan with the help of a colander and bring to a boil and reduce by half.
13. Place the chicken on the grill skin side up.
14. Baste the skin frequently with the reduced marinade.
15. After approximately 15 minutes turn the chicken over on the skin side and cook for another 15 to 20 minutes on the skin side on a medium grill. Basting the inside with the marinade.
16. Check that the skin does not burn by adding a little more marinade on it.
17. Just before serving place the halved new potatoes on the hot side of the grill and allow to char.
18. Season with olive oil and some Maldon sea salt and mix with the diced orange and lime wedges.
19. Check that the chicken is cooked.
20. Serve with the potatoes and a light coating of the marinade.