



MY SIGNATURE 30 CLOVES GARLIC CHICKEN

INGREDIENTS

For 4 to 6 people

- 2 lb (1kg) of chicken pieces (thighs work well)
- 1 tbsp all-purpose flour
- Salt and pepper to season
- 3 tbsp duck fat
- 30 cloves of garlic
- 50 ml (1.7 fl oz) of cognac
- 1 small glass of dry white wine (use what you would ordinarily drink)
- 1 tbsp of oil (to cook the chicken)
- 2 tbsp of chopped parsley
- 200 ml (3/4 cup) heavy cream

For the croutons

- 2 tbsp duck fat
- 4 slices fresh bread

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Season your chicken pieces with salt and pepper and dust with flour. If you use a whole chicken and have offcuts (wings and neck) season them with salt and pepper.

METHOD

Heat 2 tablespoons of duck fat in a Dutch oven over medium-high heat. Add the bay leaf and thyme, followed by the chicken offcuts (if using) and sear for a few minutes. Add the 30 cloves of garlic (in their sleeves) to the pan and stir well. Cook for 5 minutes until fragrant, then set aside in a bowl (with the chicken offcuts if using).

Reduce the heat to medium and add an extra tablespoon of duck fat. When hot, add the chicken pieces and sear until golden brown on each side. When ready, add the garlic back to the pot (plus the chicken offcuts if using).

Pour the cognac and wine in the pan and cook the chicken covered for 35 to 40 minutes or until the chicken is cooked through. Note: if using chicken breasts, remember to take them out after 15-20 minutes and keep them warm, covered, in the oven while you cook the rest of the chicken.

Meanwhile, pan fry the croutons in some duck fat until golden-brown, then reserve them on paper towels to drain.

When the chicken is cooked, discard any offcuts, thyme, and bay leaf, plus most of the garlic, leaving just a few in the pan (I usually leave any that are squashed or untidy). Keep the chicken warm, covered, in the oven while you finish the sauce.

To make the sauce, use a fork to press the remaining garlic in the pan to extract the pulp, then discard the sleeves. Now add the cream and bring to a light boil. When the cream boils, reduce the sauce for a few minutes to thicken slightly. When done, taste and adjust the seasoning, then sprinkle in the parsley. For a flavor boost, add a dash of cognac or white wine.

Serve the chicken divided on plates with a generous ladleful of the sauce and a crouton on the side.