



Lettuce Wrap with Chicken & Red Cabbage



Preparing the cured chicken

Mix all of the ingredients except the honey, herbs and veal jus in a food storage container. Place the chicken thighs with the bone removed in the brine for 2 days and keep cool. Take out after the 2 days, dry and marinate as desired. Pack in aluminium foil and bake at 120 °C for about 2-3 hours. Pluck off pieces from the meat, glaze with veal jus and a little honey.

Preparing the wrap

Peel off the outermost leaves from the lettuce and wash well. Cut the red cabbage finely, marinate with a little apple balsamico and season with salt and pepper. Arrange the red cabbage on the lettuce leaves, arrange the braised and glazed chicken thighs on top. Garnish with herbs and pickles.

Cooking level

2-3 hours | Hot air setting at 180 °C

Rezept für 4

Ingredients for the cured chicken

4 chicken thighs
4,5 l water
290 g brown sugar
150 g salt
30 g pickling salt
7 g coriander seeds
7 g black pepper
2 g pink pepper
1 Bay leaf
½ cinnamon stick
1 g cloves
1 g chilli flakes
Honey
Veal jus
Herbs

Ingredients for the wrap

1 head of lettuce, mini
1 red cabbage
20 ml apple balsamic vinegar