

Pulled Chicken Sandwiches



Let's cook

Roast the chicken in some olive oil, take out and pour the onions as well as the garlic in the pan. Roast. Deglaze with the broth and cider. Pour rest of the ingredients together with the passata into a bowl and mix well. Put chicken into the cider and pour passata-mixture over the chicken. Cook covered in the oven at 190°C for about 80 minutes. If not tender cook for further minutes.

Take chicken out and tear apart. While tearing cook the liquid until preferred texture is reached. Add the pulled chicken.

For the coleslaw prepare the cole and carrots, cut the onions and add together with the rest ingredients into a bowl, mix well.

For the garlic butter add all ingredients to a high jar and blend together until creamy. Form into a long roll and cover with foil. Cool in the fridge or freezer.

Cut the ciabatta rolls, add some garlic butter as well as pulled chicken and coleslaw. Serve warm.

Einkaufsliste:

Pulled Chicken

600g chicken
1 red onion
2 garlic cloves
1-2 tbsp black pepper
200ml passata
100ml vegetable broth
350ml Cider (pear or cider)
1 tbsp tomato puree
2tbsp honey
1 tsp Cayenne pepper
Sea salt
2tbsp red pepper powder
1 tbsp oregano
1 tsp thyme
1 tsp rosemary
1 tsp Curry
Pinch of cinnamon

Coleslaw

200g Quark
½ cole
2-3 carrots
3 spring onions
1tbsp mustard
1tbsp honey
1tsp white vine vinegar
1tsp black pepper
1-2 garlic cloves
Chili and red pepper powder
Sea salt
2tbsp olive oil
2-3 tbsp milk

Garlic butter:

200g Butter
2tbsp olive oil
1-2 tsp sea salt)
200g grated cheese
2-4 garlic cloves
Some pepper
3tbsp chopped parsley and other herbs

Ciabatta Rolls



Shopping list

For twelve rolls
Yeast Sponge
120ml water
6 g yeast oder 1tsp dry yeast
100g flour (Type 550)

Ciabatta
460ml water
12g yeast oder 2tsp dry yeast
Yeast Sponge
500g flour (Type 550)
1tsp sugar
1tbsp salt
3tsp chopped parsley
1tsp chopped basil
2tsp garlic powder or 2-3 garlic cloves

Let's bake:

First prepare the yeast sponge on the evening before. Mix yeast with tepid water and let rest shortly. Now add the flour, mix well, cover with foil and let rest overnight at least for eight hours.

On the next day mix the rest of the yeast with tepid water and add the sugar, mix well and let rest shortly. Add the flour and the rest of the ingredients, mix well. Dough will be very wet, let rest covered for up two hours. It should tripled in size. Put dough without kneading on a well floured surface, divide into twelve pieces. Flour the baking sheet and using a spatula put the dough pieces onto the baking sheet, form into long, thin pieces, without kneading! Let rest for 90 minutes, using a spatula put the sides of the dough again and again back to the middle.

Bake at 220°C-250°C for 12-18 minutes, if not hollow inside, bake for further 5 minutes. Let cool completely.