

Bowland Black Chicken Thighs

With Tasty Beer Glaze

This recipe can be marinated overnight but if you are short on time then a quick marinade and tossed onto the barbecue works too.



Easy - perfect for beginners.



20 minutes preparation, plus marinating time



20 minutes on barbecue



INGREDIENTS

- 6 or 8 Boneless Chicken Thighs
- 1x 440ml can Bowland Beer Black
- 2 x Cloves of garlic crushed
- 1 x teaspoon of dried Oregano
- 1 x teaspoon of dried Coriander
- 2 x tablespoons Olive Oil
- a couple of large sprigs of Rosemary
- Salt & Pepper to season well

- 2x tablespoons of Maple Syrup or Runny Honey



AUDS TIPS

The longer you leave an acidic marinade (lemon juice, vinegar, buttermilk, yogurt or beer) to work on the chicken, the worse the surface texture will be, so don't leave chicken soaking any longer than overnight. Give it 5-6 hours for the best flavour - if you don't have that long, even 30 minutes of marinating will give a little flavour to the outside of chicken.

DIRECTIONS

1. Put the chicken into a plastic bag with plenty of space.
2. In a bowl mix together 300ml of the beer (holding the remaining back for the glaze) add all the other ingredients except the maple syrup/honey
3. Chill and marinate the thighs for as long as possible (24 hours max)
4. Once marinated remove the chicken from the bag and set aside, reserve the marinading liquid, strain it into a pan, add the remaining beer to the pan and the maple syrup or runny honey, and boil rapidly for 15 minutes (this is important to kill any bacteria) if it still hasn't reached a spooning or brushing consistency then you can thicken slightly by mixing one teaspoon of cornflour with a bit of cold water and adding little at a time to the glaze, being careful not to over thicken. It needs to be a brushing consistency.
5. When the coals are ashen, place the thighs on the grill and brush generously with the glaze, turning and basting with more when needed. Repeat until the edges are caramelised and sticky. Ensure the chicken is fully cooked (approximately 20 minutes depending on the heat of your coals).
6. Pair your barbecue with a chilled refreshing pint of Bowland Boxer Blonde or Hen Harrier.



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Fall Off The Bone

Bowland Black Sticky Ribs

This is a recipe that lends itself to a pre-planned barbecue rather than a last minute one, as the ribs are cooked in the oven first to get the 'fall-off-the-bone' results.



Easy - perfect for beginners.



30 minutes preparation



3 hours

Serves 4-6



INGREDIENTS

- 8x Pork ribs
- 1x 440ml can Bowland Beer Black
- 2 x Cloves of garlic crushed
- 2 x teaspoons Dijon mustard
- 3 x tablespoons Soft brown sugar
- 2 x tablespoons Tomato puree
- A little oil to wipe the roasting tray

Heat the oven to 160°C

If there is a thin membrane off the back of the ribs, peel this off as best you can.



AUDS TIPS

Brush with the sticky glaze when you have fired up your barbecue, this can all be done a couple of days in advance to be super organised for a busy event.

DIRECTIONS

1. Choose a roasting tray with deep sides to fit in the ribs snugly.
2. Grease the tin with just a little oil, and lay the ribs in a single layer.
3. Whisk the remaining ingredients together in a bowl, then pour them over the ribs. Using your hands, ensure they are all completely coated.
4. Cover the tin tightly with foil, shiny side down.
5. Bake in the oven for 2 hours 30 minutes to 3 hours, turning once or twice during cooking. The bones should look exposed, and the meat should be easy to pull apart.
6. When the ribs are cooked strain of the cooking juices into a pan and boil rapidly for 25 - 30 minutes until it is reduced by half and has thickened to a sticky glaze, if it still hasn't reached a spooning or brushing consistency then you can thicken slightly by mixing one teaspoon of cornflour with a bit of cold water and adding little at a time to the glaze, being careful not to over thicken.
7. All this can be prepared up to 2 days in advance and chilled.
8. Light the barbecue. When the coals are ashen, working quickly, place the ribs on the grill and brush generously with the glaze, turning and basting with more when needed. Repeat until the edges are caramelised and sticky. They are already fully cooked, so you are just reheating until piping hot and sticky.
9. Pile high on a platter and serve with a chilled pint of Bowland Boxer Blonde (that's my favourite, but try them all and find your favourite!).



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