

# CHICKEN IN BEER

No. of Pax. – 06

<b>Ingredients</b>	<b>Qty.</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>
Chicken	1.75kgs.	453.25	10.5	Nil
Carrot	150gms	7.65	0.75	19.65
Onion	100gms.	1.2	0.1	11.1
Shallots	100gms.	1.8	0.1	12.6
Bouquet Garni	1bunch	N/A	N/A	N/A
Juniper Berry	100gms.	4	Nil	46
Light Beer	1ltr.	1.8	Nil	11.6
Butter	100gms.	Nil	81	Nil
Gin	30ml.	Nil	Nil	Nil
Refined Flour	30gms.	3.3	0.27	22.17
Seasoning	As Reqd.	N/A	N/A	N/A
Total		473	92.72	123.12

**Total Nutritive Value** - **688.84gms.**  
**Total Calorific Value** - **3218.96kcal**  
**Total Calorie Per Person** - **536.49kcal**

## PROCEDURE

1. Cut chicken into serving pieces.
2. Peel and slice carrots.
3. Peel and quartered onions.
4. Peel and store the shallots.
5. Place the chicken in a bowl with carrots, onion, shallots, bouquet garni and juniper berries.
6. Cover with beer and leave to marinate for 12hours.
7. Drain the chicken pieces.
8. Melt the butter in a flameproof casserole, add the chicken and brown on all sides.
9. Add the gin and sprinkle with the flour.
10. Cook for 1minute and then gradually add the strained marinade.
11. Season with salt and pepper to taste.
12. Cover and cook, over a gentle heat for about 1.15hours.

**Texture** - Well cooked and saucy.

**Colour** - Golden Brown.

