

MISO BUTTER-ROASTED CHICKEN AND GRILLED VEGETABLES

WITH SPIER SEAWARD CHENIN BLANC



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TO MAKE POSITIVE SOCIAL AND ENVIRONMENTAL CHANGE.



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SERVES
4-6

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The Spier Seaward Chenin Blanc citrus and stone fruit notes, richly complex palate and fresh finish make it an excellent accompaniment to our miso butter-roasted chicken and grilled vegetables. Thanks to the incorporation of miso, this simple-to-make dish is packed with savoury umami flavours.

INGREDIENTS

- 15ml olive oil, plus extra
- salt and pepper
- 80g butter
- ½ cup miso paste
- 10ml sesame oil
- 30ml soy sauce
- 10ml sugar
- 15-30ml lemon juice
- 1 whole chicken (about 1,5kg)
- a few lemon wedges, optional


METHOD

Line the inside of a deep oven-proof pot or roasting dish with non-stick baking paper. Preheat the oven to 200°C. Place the chicken breast side up in the pot, then rub lightly with oil and season (lightly) with salt and pepper. Cover with a lid and roast for 45 minutes. In the meantime, place the butter, miso paste, sesame oil, sugar, and lemon juice in a small saucepan over low heat, stirring with a whisk until smooth (if it looks like splitting, use a blender to make it smooth). After the 45 min roasting time, remove the chicken from the oven, turn down the heat to 180°C, and use a pastry brush to brush the chicken generously with the miso mixture. Return to the oven without a lid and continue to roast for another 30 minutes or until dark and glossy. Remove from the oven, cover with a lid, and leave to rest for 10 minutes before serving.

For the grilled vegetables, heat an iron skillet over high heat, then add about a tablespoon of oil and fry the vegetables until charred but still firm. Season with salt and pepper, then add a tablespoon of the miso mixture and continue to cook, stirring. Remove from the heat and cover with a lid to steam any larger vegetables further until just tender but not soft. Serve with the chicken.



Spier Seaward wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za

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