



Ribelmais Poularde confit in olive oil by Martin Göschel

Ingredients

3 ribbel corn chicken a 1 kg
4 cloves of garlic
2 lemons
4 sprigs rosemary
4 sprigs thyme
1.5 litres extra virgin olive
oil
Fleur de sel
Pepper from the Valle
Maggia

Preperation

1. Cut the Ribelmais chicken into breast and legs. Now cut out the bone from the thighs and cut them in half again. Cut the breast in half and cut away the wings. Remove the bones, skin and fat that protrude or are too much.
2. Slice the garlic cloves. Use a peeler to thinly peel the yellow part of the peel from the lemon.
3. Preheat the oven to 140 degrees. Place a few cloves of garlic in the bottom of a Roman pot or similar.
4. Layer the chicken pieces on top with the rosemary and lemon zest. Finally, pour on the olive oil, making sure that the chicken is well covered with oil. Then place the pan or Roman casserole on a rack in the oven at 140 degrees and let the chicken cook slowly for a total of 60 minutes; after 20 minutes, reduce the oven temperature to 80 degrees. You can then keep the chicken warm in the oven at 50 degrees for up to 30 minutes.

To serve, arrange the chicken in preheated deep plates and sprinkle with fleur de sel and fresh Valle Maggia pepper. Serve immediately.

We recommend serving with a few carrots, perhaps some minimals and roasted potatoes.

The oil in which the chicken and garlic are cooked can be reused later for frying. To do this, drain the oil through a fine sieve and put it in the fridge for about 6 hours. During this time, the meat juices will gel; you can then drain the oil and separate it from the liquid. The remaining gelled liquid can be frozen and used for a sauce.

