



# The Ultimate Guide to Cooking Chicken

Chicken is a fantastic and popular alternative to red meat – and for good reason too.

Not only are there many health benefits with eating chicken, but it's quite versatile and lends itself to a wide array of dishes.

Mastering the art of cooking a chicken is something that all home cooks should set out to do, no matter whether you like your chicken roasted, fried or grilled.

Read on to discover the essentials of cooking a chicken, so you can impress your family and friends with your skills.



## How to fry the perfect chicken breast

Thin at one end and thick at the other, a chicken breast can sometimes be tricky to cook. You might be left with a dry inside, or the thicker end might be entirely raw. Here's how to pan fry your chicken properly for some finger licking goodness:

- ▮ Pound chicken to ensure the meat is the same thickness.
- ▮ Season your chicken with herbs and spices – you can try rosemary, paprika or even ginger. Rub onto the breast dry or combine with a bit of oil get the flavour in.
- ▮ Heat up your pan and add olive oil.
- ▮ Cook chicken breast until golden brown.

▮ Flip chicken over and cook the other side.

▮ Remove from heat and let it rest for a minute before serving.

You can also use the Fry Sensor function on a [NEFF induction cooktop](#) to help get a crunchy and crispy exterior on your fried chicken. Simply select a predefined temperature setting and the cooktop will tell you when the pan has reached the right temperature. The Extended Frying Sensor function will monitor your pan and keep the temperature consistent to prevent scorching and burning the chicken.

Got the [Home Connect app](#)? Then you can create and select your favourite fried chicken recipes and send them straight to your Wi-Fi connected NEFF cooktop. This means your cooktop can automatically set the temperature and cooking time, so you can just add the chicken and fry until your heart's content.

### Cooking tip

You can also oven-bake your chicken breast and get a golden exterior and tender inside. Cooking your chicken with a NEFF oven with [Circo Therm®](#) and [Added Steam](#) ensures a perfect roast on your meat every single time. And if you use a [Multi Point Meat Probe](#), you can guarantee the internal temperature of your chicken is just right.



## Frying chicken with the Air Fryer function

When it comes to frying chicken, many home cooks believe that you need a fancy fryer to get perfectly crispy (and cooked) chicken. But that's just not true at all!

The full sized ovens in the new [NEFF Flex Design range](#) come with the handy [Air Fryer function](#). This [oven feature](#) allows you fry up your chicken without having to use much, if any, oil and fats. You can use the Air Fryer feature to create tasty fried chicken that's healthy and crispy, while being tender on the inside.

Want to use this function for your next chicken dish? Then check out our [buffalo chicken wings](#) recipe for a quick and easy meal.



## How to butterfly chicken

[Butterflying](#) a whole chicken can help you cook it faster – even better, it often helps to avoid uneven cooking of the different types of meat. Here's how to butterfly your chicken:

- ▮ Lay your chicken breast-side down on a flat surface.
- ▮ Using a sharp knife, cut your chicken along one side of the backbone from one end to another.
- ▮ Turn your chicken over and flatten before cutting along the other side of the backbone, then remove the backbone.
- ▮ Push down firmly on the breastbone area with your palm to flatten the chicken.
- ▮ That's it – you've got a butterflied chicken that's ready to be seasoned and roasted.

Keen to show off your butterflying skills? Then try our recipes for [butterflied chicken with mango salsa](#) or [butterflied chicken with preserved lemon, garlic and thyme](#). Both recipes are simple to prepare and will be an instant hit at the dinner table.



## How to truss chicken

Want to cook a traditional whole roast chicken? Then trussing the legs together so they're closer to the body. This can help the chicken retain its

juiciness and avoid the risk of overcooking it. It's not as straight forward as it may seem though, so follow these steps:

- ▮ Lay your chicken breast-side up on a flat surface, with the legs pointing towards you
- ▮ Cut a piece of kitchen twine around 1 metre long
- ▮ Holding each end of the twine in both hands, slide it underneath the chicken legs and pull the strings upwards. Criss-cross to tighten.
- ▮ Slide the twine down and around each leg. As you slide the twine up the side of the chicken to tighten, flip the bird, pulling it back towards you so its breast-side down.
- ▮ Pull the twine back towards you over the wings, then tie the twine into a knot to secure the wings.
- ▮ Slide the twine down and around each chicken wing. As you slide the twine up the side of the chicken to tighten, flip the bird pulling it back towards you so it is breast-side up.
- ▮ Pull the twine towards you, loop it around the bottom of the breastbone before bringing it back around the top of the chicken breast to be tightened.
- ▮ Finally, tie into a knot and cut off any excess twine before roasting.



## How to add flavour to your chicken breast

There are plenty of quick and easy ways you can [add flavour to your chicken breast](#) and transform it into a mouth-watering meal.

- ▮ Marinating your chicken breast with herbs and spices, such as [using a harissa paste and seasoning](#).
- ▮ Crumbing your chicken breasts with breadcrumbs, panko or even [coconut flakes](#) for something sweet and crunchy.
- ▮ Stuffing your chicken breast with cheese, prosciutto and herbs. You can also add dried fruit, like [cranberries](#), for a burst of sweetness.



## Chicken recipes

Here are some of our all-time favourite chicken recipes that you can enjoy in any season:

▮ [Middle eastern chicken with apricots](#)

▮ [Coconut and sesame chicken tenders](#)

▮ [Homemade chicken and mushroom pies](#)

▮ [Prosciutto wrapped chicken](#)



## How to cook chicken in a NEFF kitchen

No matter which flavoursome chicken recipe you choose, having the right tools will be key to juicy, tender meat that melts in your mouth.

When it comes to cooking meat, temperature really does matter, but it can be hard to know when your chicken is cooked without cutting it in the centre. Luckily, the [NEFF Flex Design range](#) are equipped with a [Multi Point Meat Probe](#), which monitors the core temperature of your meat and controls the oven temperature accordingly.

Another great feature to be aware of is the [Circo Therm® function](#). This setting allows you to get an even bake on your chicken, ensuring the outside remains crisp while the inside is moist and succulent. Plus, using this function allows you to cook on multiple levels without having the flavours intermingle – perfect if you want to cook up some sides while roasting your



chicken.

### **About NEFF**

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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