



WHEELER FARMS
Est. 1880

BACON BRAISED CHICKEN THIGHS WITH ROASTED CAULIFLOWER

PAIR WITH 2017 JH WHEELER BECKSTOFFER MISSOURI HOPPER CABERNET SAUVIGNON

SERVES 4

INGREDIENTS

8 free-range chicken thighs	½ cup pearl barley	¼ cup small leeks, sliced
1 TBSP ground fennel seed	1 cup dry white wine	¾ cup peas, shucked
½ + 4 TBSP olive oil	1 ½ cups fresh chicken stock	1 cup cauliflower, raw cut into florets
½ cup thick cut bacon, cut into ½ inch pieces	¼ cup small carrots, whole	2 TBSP fresh parsley, chopped
4 large garlic cloves, finely chopped	2 TBSP unsalted butter	lemon juice

PREPARATION

Trim and discard the excess skin from underneath each chicken thigh, season with salt, fennel seed and pepper.

Heat ½ TBSP olive oil in a wide shallow frying pan or sauté pan with a lid. Put the thighs in skin-side down and brown for 5 minutes. Turn them over and brown lightly on the other side - about 2 minutes. Lift onto a plate and drain away any excess fat, leaving just a little in the pan.

Using that same pan, sauté the bacon until lightly golden. Add the garlic and cook 1 minute, then stir in the pearl barley, white wine and chicken stock and bring to a simmer. Return the chicken thighs to the pan, skin-side up, cover, lower the heat and simmer for 20 minutes. Add the carrots, cover and cook for 10 minutes more. Meanwhile, melt the butter in another pan. Add the leeks and cook for 2-3 minutes until starting to soften. Heat a cast iron skillet on medium to high heat, add 4 TBSP olive oil and the cauliflower florets. Season with salt and pepper and roast until the florets are golden brown and tender - about 5 minutes.

Uncover the chicken, stir in the leeks and simmer, uncovered, for 5 minutes. Add the peas and simmer for another 5 minutes until the chicken, pearl barley and vegetables are tender and the liquid has reduced by half. Add the cauliflower and a splash of white wine, taste and add a little more if needed. Sprinkle with parsley and a squeeze of lemon, and serve.