

Roast Chicken on Corn Trivet

This might be one of my favourite dishes of all time.



3 corn cobs (mealies), husks and silks removed, cut reasonably evenly into 4 cm (1½ inch) pieces
1 bunch thyme
1 x 1.5 kg (3 lb 5 oz) chicken
3 tablespoons olive oil, plus extra for pan-frying
1 teaspoon sea salt
½ teaspoon sweet paprika
1 tablespoon white miso paste
50 g (1¾ oz) butter

1 bunch cavolo nero (Tuscan kale, often available from organic markets), tough ribs discarded, leaves and tender ribs kept whole

OPTIONAL INGREDIENTS

a bit of lemon zest, but really, just do this one as is

I OWE MY INTRODUCTION to corn and miso to my friend and incredible chef, Danielle Alvarez, the kindest of people, who boldly dared to co-host an Instagram Live cooking session with me during Covid. I managed to turn the whole thing into mild chaos because I cooked over an open wood-fuelled flame (*why?!*) and my logs got cold. The result was still an immaculate marriage.

But that is what I love about food in the first place: there are so many mistakes on the way to so many wonderful discoveries.

Preheat the oven to 200°C (400°F).

Oil a large roasting tin.

Stand the corn cobs up in the tin to create a trivet for the chicken.

Scatter the thyme sprigs over the base.

Massage the chicken with the oil, salt and paprika, and place on the corn cobs.

Pour 1½ cups (375 ml) of water into the base of the tin.

Roast the chicken for 1 hour. Check it's cooked by piercing the thigh meat and making sure the juices run clear.

Drain the juices from the chicken and set aside to rest.

Remove all the thyme sprigs you can from the tin.

Cut the kernels from the corn and return to the tin with the miso, butter and ½ cup (125 ml) of water.

Place over low heat and allow this to bubble and braise for about 15 minutes.

Pan-sear the cavolo nero in a splash of oil in a separate pan. Or simply blanch in boiling water – there's enough flavour to bring this baby to the party if you want to avoid washing up another pan.

Serve succulent slices of chicken, with the greens and the sweet sauciness of the miso, butter and corn braise.

Serves 4–6

