

IVAN MILLER OF ASSAGGI SHARES SOME CHEF SECRETS WITH US



KNIFE SKILLS

A sharp knife is a safe knife. Using a dull knife is an invitation to disaster. If you try to force a dull knife through the surface of a food product, it's more likely to slip and cause an injury. **Never, ever grab a falling knife.** Just get your hands and feet out of the way. **Use the right knife for the right job.** Many knife injuries occur when laziness induces us to use the knife at hand rather than the correct knife for a job. **Always cut away from - never towards - yourself.** If the angle is wrong, turn the product or your cutting board around. **Never, ever put a knife in a sink full of water.** In addition to soaking probably being bad for your knife handle, putting a knife in a sink full of (likely soapy) water is just asking for trouble. **Always cut on a cutting board.** Don't cut on metal, glass or marble. This will ultimately damage a knife's edge and if your cutting board doesn't have rubber feet, you should place it on a damp kitchen towel to make sure it doesn't move while you're cutting.



Hold by the leg, letting the carcass hang down and then cut through the flesh to remove the leg from the crown. Repeat on the other leg, dividing them into drumstick and thigh at the joint (not bone). You can remove the 'shins' at this stage.

Cut deeper down the breastbone to separate the breasts and then cut each diagonally in half leaving you with 8 portions of chicken.

Deboning a chicken is simple and gives you a whole host of ways to use the bird. Cut any string or elastic and turn the chicken breast side down and remove the 'Pope's nose' and then slice down the centre (the backbone) and remove the 'oysters'.



Leaving the skin on allows you to flavour the bird and retain moisture when cooking. Infuse some salted butter with chopped onions, seasoning and a bit of lemon juice and then inject between the flesh and skin.



Turn the chicken back over and pull the breast skin and cut through the skin where the legs meet the carcass. The legs will fall to the side and now pull the legs out of their sockets.

Season the chicken with some more salt and pepper, put in an oven tray with ½ litre of fresh chicken stock, drizzle with oil and roast it for 1 hour at 165°C. 🍴



Assaggi is an Italian style restaurant, tucked away in Qaliet Street, St. Julians. Specialties include pork belly, chicken liver parfait and aged beef.

For bookings, please call 2133 6625