

Main course for 4
Preparation time: approx. 35 min.
Braising time: approx. 40 min.
Energy per serving: approx. 1,319kJ/363 kcal



APPENZELLER ROSE CHICKEN LEGS

4	chicken legs (approx. 150 g each)
¾ tsp	salt
A little	freshly ground pepper
¾ tbsp	white flour
	Clarified butter for frying
350 g	carrots
350 g	kohlrabi
50 g	sugar
2 dl	chicken stock
½ dl	Appenzeller Alpenbitter
1	clove
	Salt and pepper to taste



Preparation

Season chicken legs, dust with flour. Heat clarified butter in roasting pan until hot, reduce heat slightly, brown chicken legs in portions on each side for approx. 4 min., remove. Dab away remaining cooking fat with kitchen paper.

Chop carrots and kohlrabi into chunks. Caramelize sugar and 1 tbsp water in roasting pan. Add stock and Appenzeller Alpenbitter, bring to the boil, reduce heat.

Place vegetables and clove in the pan together with the chicken legs, cover and simmer on a low heat for approx. 40 min. Occasionally pour the liquid over the meat and vegetables, remove clove, season sauce.

Serve with pasta.