



## INGREDIENTS

Serves 4

- 24 chicken 'oysters' (6 per serving)
- 1 ciabatta loaf
- olive oil for coating bread
- 2 Romaine/Cos lettuces, washed
- 1 bottle of your favourite caesar dressing
- vegetable oil and a knob of unsalted butter for frying
- parmesan flakes to taste

## METHOD

- 1 Preheat oven to 200°C/400°F/Gas mark 6.
- 2 The 'oyster' is a piece of chicken which is oyster shaped and sits at the top of the muscle of the leg. Turn over the leg and pop out the oyster muscle, or ask your butcher to do this for you. It's juicy brown meat.
- 3 Remove the crusts on a ciabatta loaf and rip off random pieces of bread. In a bowl place enough olive oil to coat the ciabatta croutons lightly. Once coated in oil, place them on a roasting tray in the oven and cook for about 6 minutes, until crispy on the outside but doughy in the middle.
- 4 Remove the outside leaves of the lettuce and place around a serving bowl.
- 5 In a pan heat a little oil and fry the 'oysters' until brown and cooked. Fry them first skin down. Add a knob of butter at the end of the cooking process.
- 6 Add the cooked 'oysters', croutons and parmesan flakes to the bowl of lettuce and dress the salad with caesar dressing. Make sure all the leaves are covered and serve.



# ABOUT CHICKEN



It's possible to put (cooking) oil on spent feathers to simulate birds caught in an oil spill at sea, in order to find the best way to clean off the oil. If feathers are successfully cleaned, they will still repel water and float. If not, water will be absorbed into them and the feather will sink. The bird would then die.

- There are more chickens in the world than any other domesticated bird, and there is more than one chicken for every human on earth.
- Chickens and turkeys are known to cross breed, and the result is known as a Turkin.
- The term 'chickenpox' didn't come from people believing that the infectious disease originated with chickens. It's an old English term - 'gican pox' - meaning the 'itching pox'.
- A rooster will attack anything (including humans) that he thinks will harm the hens. The spurs located at the back of their legs can cause a very painful puncture wound.
- Chicken is one of the most popular meats in the world because it doesn't have any religious taboos attached to it.