



Grilled Louisiana Cajun Chicken Steaks with Blue Cheese Sauce

Serves 4

To celebrate Autumn's arrival we have created a recipe inspired by the flavours of Louisiana, perfect to cook on the BBQ!

TASTE OF AUTUMN FACT

Inspired by the famous Louisiana chicken steak dish. We have given our recipe an Australian twist so it can be cooked on the BBQ as opposed to deep-frying it. The chicken is flavoured with a classic Cajun-style dry spice mixture, also known as a rub in the US and made with paprika, garlic powder, pepper, onion powder, oregano, thyme, and cayenne pepper. The chicken is served with a blue cheese sauce, another American classic that whilst rich, compliments the flavour of the spiced grilled chicken breast.

INGREDIENTS

- 110gm Whole Egg Mayonnaise
- 55gm Sour Cream
- 1½ tsp White Wine Vinegar
- 1½ tsp Lemon Juice
- 100gm Blue Cheese - remove rind and finely crumble.
- To Taste - Sea Salt and Finely Ground White Pepper
- 6 Curly Parsley Sprigs - rinse, drain and finely chop.
- ½ Bunch Chives - rinse, drain and finely slice.
- 3 tsp Ground Paprika
- 1 tsp Sea Salt (finely ground)
- 2 tsp Garlic Powder
- 1 tsp Ground Black Pepper
- 1 tsp Ground White Pepper
- 1 tsp Onion Powder
- 1 tsp Dried Oregano Leaves
- ½ tsp Dried Thyme Leaves
- 1 tsp Cayenne Pepper
- 2 Skinless Chicken Breast - cut in half laterally.
- As Required - Extra Virgin Olive Oil Spray
- 2 Corn Cobs
- 2 Limes - cut in half width ways.

METHOD

1. In a mixing bowl, add the mayonnaise, sour cream, white wine vinegar, lemon juice and blue cheese. Whisk to combine. Season to taste, then add and gently fold through the parsley and chives. Set to one side for 30 minutes to allow the sauces flavours to further develop.
2. In a second mixing bowl, add the paprika, sea salt, garlic powder, black pepper, white pepper, onion powder, oregano leaves, thyme leaves and cayenne pepper. Mix to combine.
3. Add the chicken steaks to the dry spice mixture and toss until they are evenly coated, then remove each steak shaking off any excess mixture.
4. Over a moderate heat, generously spray oil a sauté pan or a flat BBQ plate. Once hot, add the chicken steaks and cook until they are well browned on both sides and are just cooked through. Remove the steaks from the heat, and place onto a warm plate, cover with aluminium foil and allow them to rest for 2-3 minutes.
5. Whilst the chicken is resting, remove husks from the corn and cook in boiling water for 5 minutes. Then remove and refresh under cold running water. Drain and then cut each cob into four even pieces width ways.
6. Add corn cobs and limes (flesh side down) to the sauté pan or flat BBQ plate and sear until the corn is heated through and lightly browned and the lime has caramelised, then remove them from the heat.



TO SERVE

Stack the chicken steaks, grilled corn and caramelised limes on a serving board or platter. Place the blue cheese sauce into a serving bowl or jug and serve with the steaks.