

OLD MALAYA

This one has been a long time coming. I first did this one back in September of 2018 and the last time I have in my notes was 20181110 (It is now May 31, 2021). It has been on my list of stuff to do to revisit FOREVER. The good thing is that I took notes, but it never seems to be enough! The first round was smoker, the second version was Sous Vide, and the third was crockpot. By the vagaries of time, I wound up freezing the second version and eating about a month after the crockpot version. They were all good and each had their strengths and weaknesses. I have also learned a thing or two since then. What does that mean for this recipe? Hopefully it will be freakin' great!

By the way, if you have read any of my recent recipes, I have been making comments how I need to figure out how to make things easier and quicker. This is DEFINITELY not one of those.

INGREDIENTS

Qty.	Unit	Item
4	-----	Chicken Thighs
AR	-----	Old Bay
1	16 oz. Pack	Regular Cut Bacon
1	Bunch	Green Onions
1	Bunch	Parsley
2	TBSP	Bacon Fat
2	TBSP	AP Flour
1	lb	Jumbo Shrimp
1	1 Qt. Jar	Devil's Trinity (See recipe "Devil's Trinity")
½ - 1	Cup	No Salt Added Chicken Broth
1	Cup	Basmati Rice
¼	TSP	Kosher Salt *
½	TSP	Black Pepper *
½	TSP	Ground Mustard *
½	TBSP	Worcestershire Sauce *
AR	-----	Grapeseed Oil
AR	-----	Pinot Grigio
1	-----	Medium Lime

I generally get the smaller pack of chicken thighs which come 4 thighs to the pack, so it all works out!

As far as the bacon goes, I am still on the Kunzler kick

Insert standard blurb about salt here

THEY (you know... them) say that you should use wine that you like to drink for cooking too. I happen to like Yellow Tail. It is fairly cheap and tastes good to my unrefined pallet

* I forgot to add these the first time I made this and decided they weren't needed, so I am going to say that these are optional

SPECIAL TOOLS

- Traeger with mesquite pellets [i]
- Vacuum Sealer [ii]
- Vacuum Seal Bags [iii]
- Sous Vide Machine [iv]
- Sous Vide Bag Holder [v]

PREPARATION

DAY BEFORE

CHICKEN DRY BRINE

- 1) Pull the chicken thighs from the package and pat dry with paper towels
- 2) Apply a GENEROUS coating of Old Bay over the chicken thighs. Make sure you get under the skin too
- 3) Put the chicken thighs on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan
- 4) Place the pan in the fridge and let dry brine overnight

BACON CRUMBLES

- 1) Reposition two racks in your oven to the center-most positions
- 2) Heat oven to 200 deg. F
- 3) Break out two $\frac{1}{2}$ sheet pans and two $\frac{1}{2}$ sheet cooling racks and place one rack in each pan
- 4) Split the bacon between the two pans
- 5) Place the bacon in the oven and set a timer for 60 minutes
- 6) At 60 minutes, pull the bacon and flip
- 7) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 8) Set a timer for 60 minutes
- 9) At 60 minutes, pull the bacon. At this point, it may be cooked to your liking, so if it is, don't go any farther, but I generally go to at least 3 hours
- 10) If you decide to go on, flip the bacon. If not, skip to step 14
- 11) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 12) Set a timer for 60 minutes
- 13) At 60 minutes, pull the bacon
- 14) CAREFULLY (it will be fragile) remove the bacon to paper towels and put the cooling rack / sheet pan back in the oven
- 15) CAREFULLY (it will be fragile) pat excess grease from the bacon
- 16) Slice the bacon into very thin strips along the short axis.
- 17) Slice into very small pieces along the long axis
- 18) Continue to cut at various angles until you get the size crumble you are looking for

- 19) Put in a Tupperware container, label with the date, and put in the fridge until you need bacon crumbles
- 20) Pull the pan from the oven and let cool until handleable
- 21) Pour the bacon fat into a small jar through a fine mesh strainer. Use a silicon spatula to scrape all of the fat down towards the jar
Cover the jar, label with the date, and put in the fridge until you need bacon fat

DAY OF

- 1) Check Sous Vide machine water.
 - a. Add / replace water as required
- 2) Heat the Sous Vide machine to 200 deg. F [vi]
- 3) Make (Qty. 1) 4-line vac seal bag
 - a. Create two seals, each one double sealed
- 4) Pull Traeger on deck
- 5) Fill the hopper with mesquite pellets
- 6) Set to "Smoke" with the lid open
- 7) When you start to see smoke, close the lid and set temperature to "High"
- 8) Let heat for 20 minutes
- 9) Scrape grate
- 10) Shut lid and set to 250 deg. F

- 11) Rinse the green onions
- 12) Chop off the very tip of the root end and any funky, floppy, or rubbery bits
- 13) Thin slice the green onions and put in the fridge until needed
- 14) Rinse the parsley, chop, and put in the fridge until needed
- 15) Peel the shrimp and put in fridge until needed
- 16) Rinse the lime, juice, and put in fridge until needed

- 17) Drain the jar of Devil's Trinity through a metal strainer into a 1 quart measuring cup. Let drain for 5 min
- 18) Measure the Devil's Trinity brine
- 19) Measure out enough chicken broth to make a total of one cup when added to the Devil's Trinity
- 20) Put the Devil's Trinity solids, brine, and chicken broth in the fridge until needed

- 21) Add a small spot of grapeseed oil to a stainless steel (and oven safe!) fry or sauté pan and heat on medium high until oil is shimmering. If oil starts to smoke, reduce heat. If oil is not shimmering, increase heat
- 22) Remove excess oil from pan with paper towel (CAREFULLY!)
- 23) Place chicken thighs skin side down in pan and sear skin. It is ready when the chicken thighs naturally release when gently nudged. If they do not release, they are not ready
- 24) Flip thighs and cook for an additional 2-3 minutes
- 25) Set chicken aside
- 26) Deglaze the pan with a little bit of Pinot Grigio
- 27) Add 2 TBSP of bacon fat to the pan and allow to melt

- 28) Once melted, stir in the 2 TBSP of flour a little bit at a time until it is smooth and well incorporated
- 29) Cook the roux until it is a light tan and does not smell like raw flour
- 30) Add the Devil's Trinity solids to the pan and stir
- 31) Add the chicken thighs to the pan and place pan in the smoker
- 32) Cook until the chicken thighs reach an internal temperature of 165 deg. F [x]

- 33) In the meantime, add 1 cup of rice to the Sous Vide bag along with the Devil's Trinity brine and chicken broth
- 34) OK... this next part might get a bit tricky... The goal is to vacuum seal the rice, butter, and water with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer [vii]
 - a. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from the bag
 - c. Position the bag in the vacuum sealer so that it hangs over the edge of the counter [viii]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
- 35) Put bag o' rice in sous vide machine
- 36) When sous vide machine recovers temperature, set timer for 30 minutes
- 37) When the timer goes off, pull the bag o' rice. Careful! It will be hot!!!
- 38) Cut one corner off the bag to let vent and gently massage to break up the rice. Careful! It will be hot!!!
- 39) Let rice sit in bag for 5 minutes
- 40) Empty rice into glass bowl and fluff with fork and wood spoon
- 41) Cover the bowl with paper towels [ix] and then a plate until needed

- 42) Once the chicken has reached temperature, pull the pan from the smoker and set the temperature to "MAX"
- 43) Allow the chicken to cool until it is handleable
- 44) Remove the skin and set aside
- 45) Hand pull the chicken
- 46) Gently mix the chicken, rice, roux, Devil's Trinity, optional spices, and lime juice until well incorporated
- 47) Cover until needed
- 48) Once the Traeger has reached temperature, lightly oil the grate
- 49) Put the chicken skin on followed by the shrimp
- 50) Cook the shrimp until the flesh becomes opaque, about 3 - 4 minutes per side
- 51) Cook the skin until it is nice and crispy. Maybe around the same time as the shrimp
- 52) Remove the shrimp and chicken skin
- 53) Chop the chicken skin into bacon crumble size

- 54) Stir the OLD Malaya and plate [xi]
- 55) Place 3-4 shrimp on top
- 56) Garnish with bacon crumbles, chicken skin, green onions and parsley
- 57) ENJOY!!!

CLOSING THOUGHTS

We'll see how this version goes!!!

NOTES

- i. I LOVE my Traeger! My only minor, and this is very minor, is that it does not get those REALLY high temperatures. You know, the kind that lets you do a pizza in 90 seconds. If you don't have a smoker, the oven should be fine, but you won't get that "little bit of extra."
- ii. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- iii. Food Saver requires the special bags, but the vac chamber does not
- iv. I have the Sous Vide Supreme, but there are a lot of options out there
- v. Maybe not 100% necessary, but makes things A LOT easier
- vi. Mine took about 1 hour and 15 minutes
- vii. You also want to avoid sucking water into the area of the bag where it is going to seal. I was not quick enough this last time and it took many attempts to get a good seal
- viii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- ix. The paper towels should capture an excess moisture from condensing on the cover and dripping back into the rice
- x. This should take about 50 minutes
- xi. My 6-inch cast iron pans present really well for this

PICTURES

None yet!!!