

Chicken Chasseur

This recipe easily serves four meals, two with the chicken and two soups

Ingredients

- 2 Small Chicken breast or Pork steaks
- 2 Tbsp Plain flour
- 2 Tbsp Oil
- 8 oz's Button onions
- 12 oz's Carrots – thinly sliced
- 1 Stick Celery
- 10 oz's Parsnip – thinly sliced
- 1½ pints Chicken stock
- ½ Small leek
- 2 Tbsp Tomato puree
- 1 tsp Dried Thyme or herbs of your choice
- Salt and Black pepper to taste

Method

1. Preheat the oven on gas mark 4
2. Season the chicken and fry until evenly browned
3. Add all the veg and cook until softish
4. Add the Tomato puree cook for a minute or so
5. Add the flour and mix well
6. Slowly add the stock
7. Put everything into a casserole dish
8. Cook for one 1½ hours
9. Serve

Note:

- Homemade stock is preferable
- The consistency is thick, but for a thinner consistency use ¼ - ½ pint more stock
- Without the chicken this is an excellent soup using six veg
 - Onions
 - Potatoes
 - Celery
 - Carrots
 - Leek
 - Parsnip

River Cottage – Baked Chicken curry

Ingredients

- 2 heaped teaspoons cumin seeds
 - 2 heaped teaspoons coriander seeds
 - 1 heaped teaspoon fennel seeds
 - 2 teaspoons ground turmeric
 - 2 teaspoons ground fenugreek
 - 1 large onion (roughly chopped)
 - 3 large garlic cloves (roughly chopped)
 - ½ large green chilli (roughly chopped)
 - 1 Thumb fresh ginger (sized piece, roughly chopped)
 - 4 Tbsp groundnut oil (or sunflower)
 - 1 1.5kg chicken (jointed into 6 pieces, or 6 skin-on, bone-in chicken pieces)
 - 400g tin of tomatoes
 - 400ml tin of coconut milk
- Add** sea salt (and freshly ground black pepper)



Substitutions

- Ginger (1 tablespoon) allspice, cinnamon, mace, or nutmeg or 1/8 teaspoon powdered ginger
- Fennel Seeds (1 teaspoon) 1 teaspoon caraway seeds

Method

1. If you've got the time, toast the cumin, coriander and fennel seeds in a dry frying pan for a minute or two, until fragrant. Grind the whole spices (toasted or otherwise) to a rough powder in a spice grinder or with a pestle and mortar, then mix with the turmeric and fenugreek.
2. Put the onion, garlic, chilli and ginger in a food processor or blender. Blitz to a coarse paste, stopping to scrape down the sides a few times.
3. Heat 2 tablespoons of the oil in a large frying pan over a medium/high heat. Add half the chicken pieces, season well and brown them all over, making sure you get the skin a good colour. Transfer them to a large roasting dish, skin-side up. Repeat with the remaining chicken pieces.
5. Reduce the heat under the frying pan, add the spice mix and fry for a minute or two, then add the onion paste. Fry, stirring frequently, for about 5 minutes, until the paste is soft, fragrant and reduced in volume. Add a little more oil if it seems to be sticking.
6. Tip the tomatoes and coconut milk into the food processor (no need to wash it out first) and blitz to combine. Pour into the frying pan and bring to a simmer, stirring constantly. Add 1 teaspoon of salt and a grinding of pepper, then pour the sauce over the chicken pieces.
7. Make sure they are all coated in the sauce, then push most of the sauce off the top of the chicken - if there's too much sauce sitting on them, the skin won't brown in the oven.
8. Place in an oven preheated to 180°C/Gas Mark 4. Bake, uncovered, for 1 hour or until the chicken is cooked through and nicely browned on top, turning and basting it a couple of times. Serve with lots of basmati rice to soak up the sauce.

Chicken Curry in 10 minutes

45 ml vegetable oil
1 medium onion
400 g chicken fillet
2 cloves of garlic
1 green chilli
¼ tsp salt
¼ tsp turmeric
¼ tsp ground cumin
¼ tsp ground coriander
1 tsp tomato purée
¼ tsp garam masala or 1 tsp curry paste
30 ml double cream

Optional 50-75 ml of stock or water as this is quite a dry curry

Directions:

- Finely chop a medium sized onion.
- Crush 2 cloves of garlic with the side of a knife peel away the skin, and finely chop.
- Finely chop a green chilli. Removing seed is optional
- Take the chicken and chop into small bite-size pieces.
- Heat the oil over a medium heat. Then add the chopped onion, and fry for 1 minute.
- Put the chicken in, and continue to fry for 5 to 6 minutes. Until the chicken turns entirely white on the outside.
- Put the garlic and chilli into the pan, and stir in.
- Carry on frying gently over a medium heat, until everything is golden brown, which will take 2 to 3 minutes. Keep stirring.
- Put in ¼ teaspoon of salt, ¼ teaspoon of turmeric, ¼ teaspoon of ground cumin and a ¼ teaspoon of ground coriander in the pan. Stir well.
- Add 1 teaspoon of tomato purée, and ¼ teaspoon of garam masala or curry paste.
- Stir, and put in the stock if used
- Fold 2 generous tablespoons of double cream into the mixture.
- Serve hot with freshly cooked basmati rice, or naan bread.

Chicken curry with Rogan Josh paste

This delicious homemade curry tastes as good as anything you'll find in your favourite curry house.

Serves 6

Ingredients

- 4 tbsp vegetable oil
- 2 onions, halved and sliced
- 4 garlic cloves, crushed
- 3cm piece fresh ginger, grated
- 150g rogan josh curry paste
- 8 fresh or 4 dried curry leaves (optional)
- 12 boneless, skinless chicken thigh fillets
- 500g potatoes, peeled and cut into large chunks
- 2 small aubergines, cut into large chunks
- 400g can chopped tomatoes
- 750ml hot chicken stock
- 1 tsp salt
- 200g trimmed French beans

Method: How to make chicken curry

1. Heat the oil in a large, heavy-based pan, then add the onions and fry for 5 minutes. Add the garlic and ginger and cook for 30 seconds. Stir in the curry paste and leaves and fry for 1 minute. Add the chicken and cook for 10 minutes, stirring occasionally.

Tip

Fresh curry leaves give this an authentic flavour. Buy them in Indian stores, or use dried ones from large supermarkets.

2. Add the potatoes and aubergines, then pour in the tomatoes and stock. Add the salt and some black pepper. Cover and cook for 15 minutes. Uncover and cook for another 10 minutes until the potatoes are very tender. To serve, add the beans and cook for 3-4 minutes. Serve with warm naan bread, if you like.

Chicken katsu curry (2)

- 100g flour, seasoned with lots of salt and pepper
- 1 free-range egg, beaten lightly
- 200g Japanese panko breadcrumbs
- 4 boneless chicken breasts
- 100ml groundnut or vegetable oil
- steamed rice and salad to serve

For the curry sauce

- 1 tablespoon groundnut or vegetable oil
- 1 onion, peeled and chopped
- 5 whole garlic cloves, peeled
- 2 carrots, peeled and chopped
- 2 tablespoons plain flour
- 1 tablespoon medium curry powder
- 600ml chicken stock 2 teaspoons honey
- 1 tablespoon soy sauce
- 1 bay leaf
- half a teaspoon garam masala

For the sauce

- heat the oil in a small pan. Add the onion and garlic and sauté for 2 minutes
- throw in the carrots and sweat slowly for 10 minutes with the lid on, giving the odd stir, until softened and starting to caramelise.
- Stir in the flour and curry powder and cook for a minute. Slowly pour in the stock until combined (do this gradually to avoid getting lumps).
- Add the honey, soy sauce and bay leaf and bring to the boil, then reduce the heat and simmer for 20 minutes, so the sauce thickens but is still of pouring consistency.
- Add the garam masala, then pass the sauce through a sieve (unless you prefer a chunky sauce).

For the chicken

- Lay the seasoned flour, egg and breadcrumbs on separate plates.
- Coat the chicken in the flour, then dip into the egg and finally into the breadcrumbs.
- Heat the oil in a frying pan and fry the breaded chicken breasts for 5 minutes on each side, or until golden and cooked through.
- Remove from the pan with a slotted spoon and leave to drain on kitchen paper.
- Slice the chicken diagonally and serve with the sauce drizzled over, steamed rice and salad.

Chicken Makhani (Butter chicken)

1 Breast of chicken diced
½ tsp Garlic Paste
½ tsp Ginger Paste
½ tsp Garam Masala
½ tsp Turmeric
Pinch of Salt
Pinch of Chilli Powder
1-2 Large Tomatoes
70 g Butter
¼ cup Single cream
1 Tbsp Coriander leaves

Method

1. Mix together the Garlic and Ginger paste with the Garam Masala, Chilli and salt
2. Cover the Diced Chicken with the mixture and marinate for 30 minutes
3. Fry of the chicken on a slow heat for 5 minutes
4. Add the Tomato and cook for another 5 minutes
5. Add the cream and boil for 3 minutes
6. Serve with Rice and Coriander

Chicken Rice Pilaf

- 8 ozs Long grain rice
- 1¼ Chicken stock
- 1 oz Butteer
- 1 Large onion
- 1 Red or green pepper
- 1 Tbsp Curry powder
- 10ozs Cooked chicken
- 6 ozs Frozen peas
- Salt & Pepper to taste

1. Melt the butter
2. Fry off onion & pepper – 5 minutes do not brown
3. Stir in the rice and curry powder
4. Cook gently for 2 minutes
5. Add the hot stock
6. Cook and cover for 15 minutes
7. until the rice is tender
8. Stir in the Chicken & Peas
9. Salt & Pepper to taste
10. Cook for 10 minutes
11. Until the chicken is heated and the liquid absorbed

Chicken Curry (Tried and Tested)

½ LB Chicken (Chopped)
1 Medium Onion (Chopped)
2 tsp Curry powder (ASDA Rogan Josh is good)
225 grams Tomatoes
¼ Pint Chicken or Vegetable stock
½ inch Ginger (Thinly sliced)
Salt & Pepper to taste

Optional

Green beans
Mushrooms
Red / Yellow Pepper (Sliced)

Fry off the onion and chicken
Add curry powder
Add Ginger and tomatoes
Add stock
Add the extras
Bring to heat
Place in the oven for 2 hours

Salt & Pepper Chicken

- 1 Chicken breast - sliced
- 1 Dsp Peppercorns (1 Tbsp)
- 1 Dsp Sea salt flakes (1 Tbsp)
- ½ Tsp Chilli flakes (1 tsp)
- 3 Tbsp Plain flour (4 Tbsp)
- 4 Spring onions (chopped)
- 1 Small red chilli (chopped)
- 1 Small aubergine (Chopped)

Method

- Roughly grind the peppercorns, chilli flakes and sea salt
- Mix thoroughly with the flour
- Lightly score the chicken pieces
- Coat the chicken with the seasoned flour mixture
- In a wok on high heat fry off the chicken and vegetable for 5 minutes or until the chicken is golden

Fruity Chicken Curry (very Nice)

- 1 Small Onion Chopped
- 1 Chicken Breast (Thinly sliced)
- 2 tsp Sharwoods Coriander & Cumin Curry Paste (mild)
- 1Tbsp Tomato Puree
- 100 ml Stock or to suit
- 2-4 Ready to eat Apricots
- 1 Small eating Apple – sliced
- 2 Tbsp Yoghurt
- 1 tsp Cornflour if needed for thickening
- Salt & Pepper to taste

Method

- Fry off the onion until soft
- Add the chicken until not pink
- Add the Curry Paste, Tomato Puree, Apricots and Apple
- Fry for 3-4 minutes
- Add the stock
- Bring to boil and simmer for 10-15 minutes until chicken is cooked
- Blend the Cornflour with the Yoghurt
- Remove from the heat and add the Yoghurt
- Mix well and bring back to the boil
- Simmer until thick enough
- Serve

Chicken Liver Pate

Before starting

Get all the ingredients ready
Cut the greaseproof covers
Get the clarified butter
Get the Brandy
Get the dishes

Ingredients

250g Butter
1 Largish Red onion finely chopped
2 Cloves of garlic finely chopped
500g chicken livers, preferably free-range or organic, trimmed
A small bunch of fresh thyme, leaves picked
Sea salt and freshly ground black pepper
A small wineglass of brandy
Olive oil
Clarified Butter
Sage leaves

Method

- Heat a lug of oil in a large pan and when hot, add the onion, garlic and thyme leaves.
- Fry fast for about 4 minutes, tossing occasionally, until soft and starting to colour.
- Add a splash more oil,
- Add your chicken livers and a pinch of salt and pepper.
- Cook on a high heat for no more than 4 minutes so still blushing in the middle
- You will see them start to plump up.
- If you overcook them, they'll be tough, and we want them silky and smooth.
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- Add your brandy to the pan of livers, and let it cook off. You can flame it if you want as it's a visual sign that the alcohol is burning off.
- Tip everything straight into a food processor with all the juices, and blitz until smooth
- Have a taste, and season to a degree where you're happy, then add a little more as the seasoning goes down when it gets cold which is how you'll serve it.
- Dice up the pack of butter, and add it piece by piece, with the food processor still running. Wait for each piece to be combined before adding more.
- Keep whizzing when it's all in, and you'll see it start to shine. Taste again and season if necessary, then whiz for 2 or 3 minutes.
- Heat up the clarified butter and fry the sage leaves

You can serve the parfait in whatever you like - individual terrines or in a big bowl or platter. Push it through a fine sieve and smooth it out, then pop in the fridge covered with a piece of greaseproof paper until set. Use a slotted spoon to pop the sage leaves on top in the centre of the parfait, then pour over the clarified butter. Pop back in the fridge and it will go hard and opaque and act as a seal. You don't have to eat the butter later if you don't want but it will have amazing flavour from the sage.

Keep it in the fridge for up to a week then I like to serve it with toasts, cornichons, watercress and a few wedges of lemon, with some lovely sweet dessert wine to wash it down. If you're having it at a party, put it out with a toaster and a loaf of bread and let people serve themselves.

Easy Chicken Curry

Ingredients

1 small onion [chopped]
1-2 Garlic cloves
1tsp Mixed spice
1tsp Sugar
1tbsp Curry powder
1tbsp Apple sauce
1tbsp Tomato puree
¼ pt Chicken stock
12ozs Cooked chicken

½ pt Milk
or
1tbsp Double cream

Method

Fry of the onions and garlic
Add the spices, Sugar & curry powder
Cook through
Add the rest of the ingredients and cook through
Serve on a bed of rice

Lemon Chicken

- 40g Plain Flour + 40g Extra
- 2 Egg yolks
- 50ml Lemon juice
- 1Tbsp Soft brown sugar
- 1Tbsp Cornflour
- 1Tbsp Honey
- ¼ tsp Grated Ginger
- 250g Chicken breast- cubed
- 1 Spring onion thinly shredded
- 42ml Chilled water



Method

1. Whisk the flour, egg yolks and water in a bowl until smooth
2. Cover and chill for 20 minutes
3. Combine the lemon juice, sugar, cornflower, honey and ginger in a small saucepan
4. Cover and bring to the boil over a lowish heat – stirring until it boils and thickens
 - Do not take your eye off it as it thickens very quickly
5. Keep warm
6. Heat 1cm of oil in wok or large pan over a high heat
7. Toss the chicken in the remaining flour and dip into the batter
8. Shallow fry the chicken for 3/4 minutes each turning once
9. Drain on kitchen paper
10. Drizzle the sauce over the chicken and sprinkle with the spring onion

Notes:

- DO the sauce **on a low heat** last as it only takes a minute or so and **taste for sweetness**

Can have

- A little bit more ginger
- A little bit more sugar
- About another 20ml water