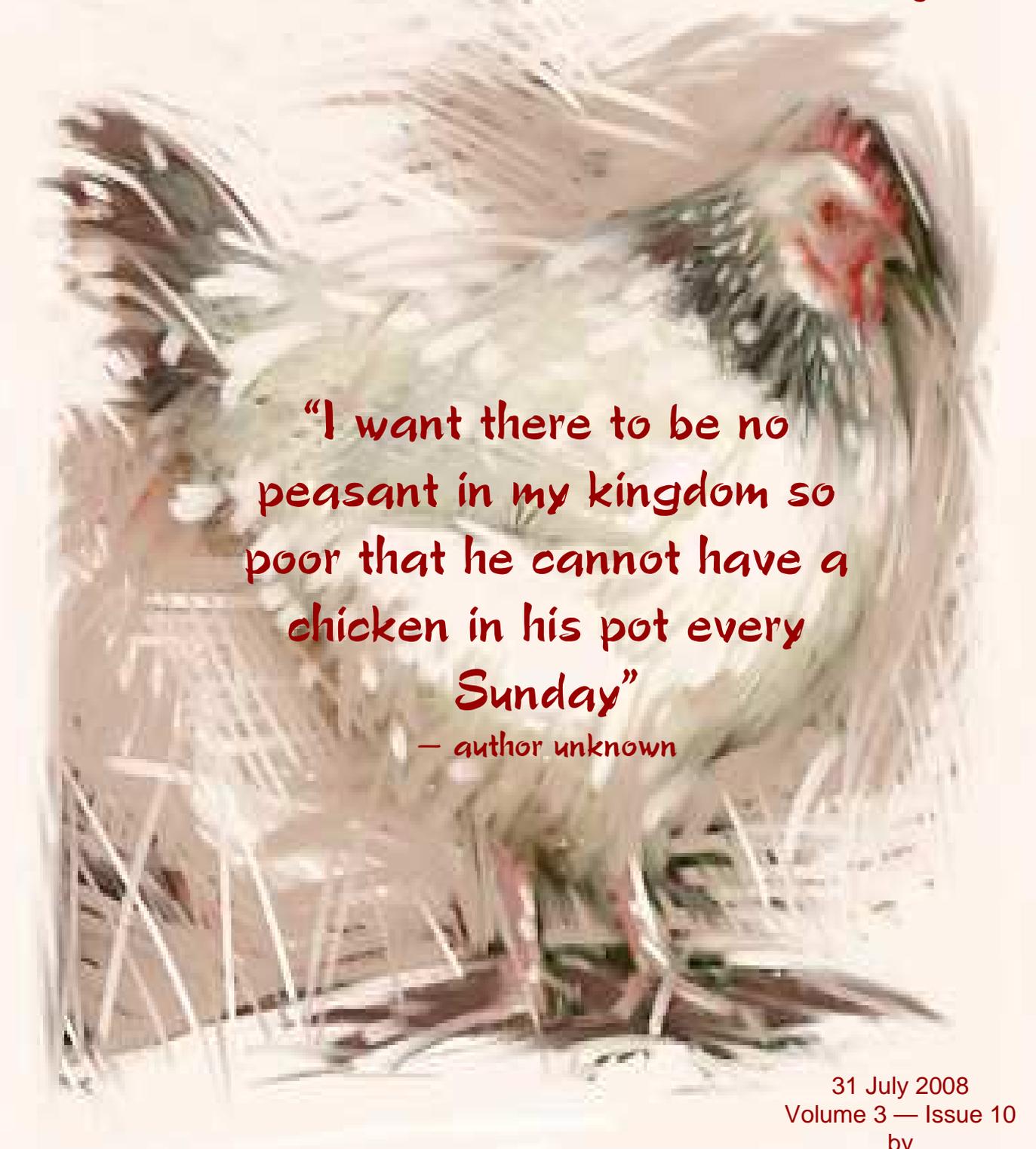


XCentric Ideas

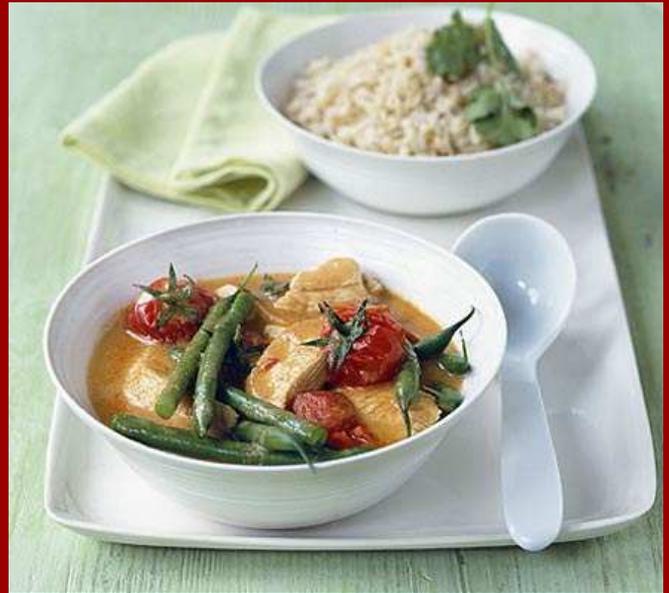


“I want there to be no
peasant in my kingdom so
poor that he cannot have a
chicken in his pot every
Sunday”

— author unknown

Recipes & Photos from the Internet

31 July 2008
Volume 3 — Issue 10
by
ALMA PRETORIUS
alma@xcentricideas.co.za
082 499 8482



Thai coconut chicken

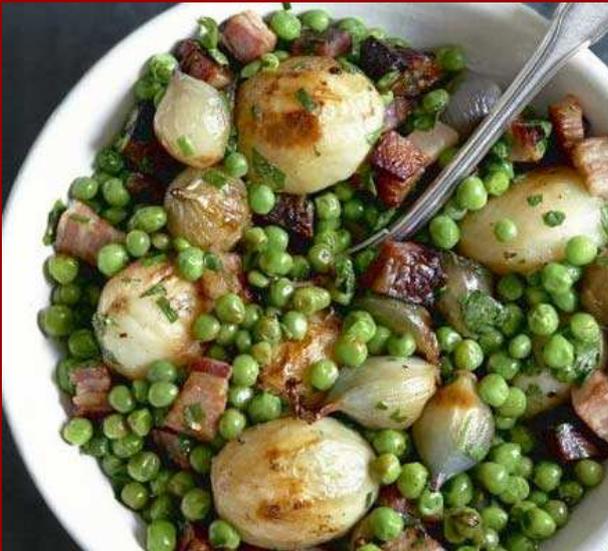
- 1-2 tbsp Thai red curry paste
- 400ml tin half-fat coconut milk
- 2 skinless chicken breasts, cut into strips
- 100g green beans
- 100g cherry tomatoes
- 100g brown rice/Jasmine rice/Basmati rice, steamed to serve

Stir-fry the curry paste in a splash of the coconut milk until fragrant. Add the rest of the milk and bring to a simmer.

Add the chicken and beans and simmer for 5 minutes.

Add the tomatoes and simmer for another 3 minutes.

Serve with brown rice.



www.bbcgoodfood.com

One pot chicken with braised vegetables

1 chicken
25g butter
200g smoked back bacon, cut into small chunks
1kg new potatoes, peeled
16-20 small onions
 $\frac{1}{2}$ bottle white wine
250g peas, frozen are fine
bunch soft green herbs such as chives or parsley, chopped

Heat oven to 220C. Season the chicken inside & out with salt and pepper. Heat the butter in a casserole dish until sizzling, then take 10 mins to brown the chicken on all sides.

Remove the chicken from the dish, then fry the bacon until crisp. Add the potatoes and shallots, then cook until just starting to brown. Nestle the chicken among the veg, pour over the wine, then pot-roast, undisturbed, for 1 hr or until the chicken is cooked.

After 1 hr, remove the chicken and place the pan back on the heat. Stir the peas into the buttery juices, adding a splash of water if the pan is dry, then simmer until the peas are cooked through.

Finally, add any juices from the rested chicken, then stir through the herbs and serve with the chicken.



www.bbcgoodfood.com

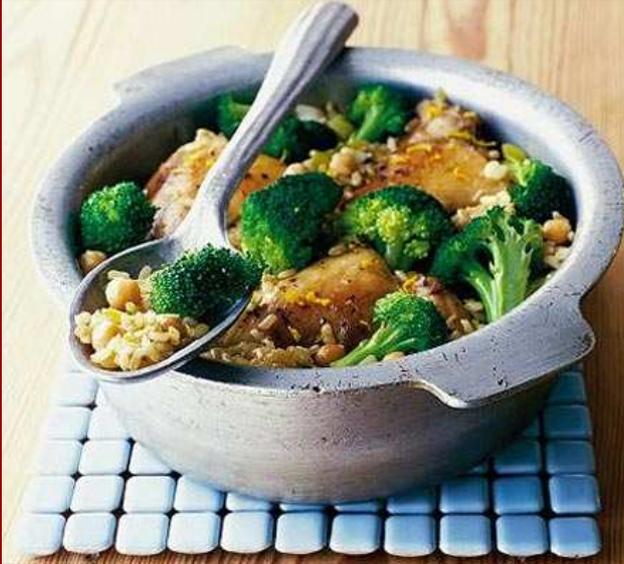
Chicken Biryani

300g basmati rice
25g butter
1 large onion, finely sliced
1 bay leaf
3 cardamom pods
small cinnamon stick
1 tsp turmeric
4 skinless chicken breasts, cut into large chunks
4 tbsp curry paste
85g raisins
850ml chicken stock
chopped coriander and toasted flaked almonds to serve

Soak the rice in warm water, then wash in cold until the water runs clear. Heat butter in a saucepan and cook the onions with the bay leaf and other whole spices for 10 mins. Sprinkle in the turmeric, then add chicken pieces and curry paste and cook until aromatic.

Stir the rice into the pan with the raisins, then pour over the stock. Place a tight-fitting lid on the pan and bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5 mins. Turn off the heat and leave for 10 mins. Stir well, mixing through half the coriander.

To serve, scatter over the rest of the coriander and the almonds.



www.bbcgoodfood.com

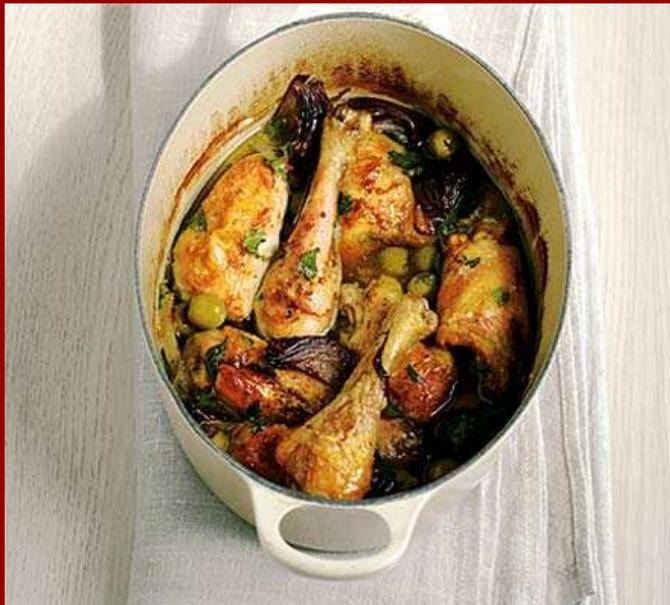
One pot chicken & chickpea pilau

- 1 tbsp olive oil
- 4 chicken thighs, skin removed and trimmed of fat
- 2 large leeks, thinly sliced
- 2 garlic cloves, crushed
- 400g can chickpeas in water, drained and rinsed
- grated zest of 1 lemon
- 200g easy-cook brown rice
- 450ml chicken stock
- 1 head broccoli, broken into florets

Heat a large, lidded frying pan or flameproof casserole and add the oil. Fry the chicken thighs for 2 mins, turning halfway through cooking, until lightly coloured, then lift onto a plate. Add the leeks to the pan and stir-fry for 3 mins, then add the garlic and tip in the chickpeas, most of the lemon zest and rice. Stir together until well mixed.

Nestle the chicken in the rice mix. Pour over the stock and season lightly. Cover and cook on a low heat for 20 mins until the chicken is nearly cooked through and the rice has absorbed nearly all the liquid. Sit the broccoli on top of the rice, cover and continue to cook until the rice and broccoli are tender and the chicken cooked.

Sprinkle with the remaining lemon zest to serve.



www.bbcgoodfood.com

Chicken with lemon & olives

2 red onions, cut into 8 wedges

6 garlic cloves, unpeeled

1 lemon cut into thin wedges

250ml white wine

8 pieces of chicken, a mixture of thighs, drumsticks and breasts (on the bone if possible)

olive oil

100g pitted green olives , drained

a small bunch flat-leaf parsley , roughly chopped

Heat the oven to 190C. Put the onions, garlic, lemon and wine into a large casserole or ovenproof dish. Cut any excess fatty bits off the chicken, then rub the pieces all over with olive oil and sit them on top of the veg and liquid.

Sprinkle with salt and cook for 45 minutes. Add the olives to the pot, then cook for another 10 minutes or until the chicken is golden and cooked through.

Take out the chicken. Bubble up the pan juices on the stove for 5 minutes until reduced a little then stir through the parsley.

Serve the chicken with buttered couscous and the juices.



www.bbcgoodfood.com

Spanish chicken with potatoes, garlic & sherry

olive oil

8 chicken thighs, skin on

600g small potatoes, sliced

3 whole heads garlic, cloves separated but not peeled

8 sprigs thyme

125ml Amontillado sherry

Heat 2 tbsp olive oil in a wide ovenproof pan that can take the chicken in a single layer. Season the chicken well then brown on all sides in batches. You just want to get a good colour, not cook the chicken through. Remove.

Heat the oven to 190C. Scatter the potatoes over the bottom of the pan while it's still on the hob. Add the garlic, thyme and seasoning and stir to coat everything in juices.

Put the chicken on top, skin up, add the sherry and bring up to the boil. When it's boiling, put the pan in the oven, uncovered, for 40-50 minutes or until the potatoes are tender and the chicken is cooked through.

Most of the sherry will be absorbed and the chicken crisp and golden.



www.bbcgoodfood.com

Chilli chicken one-pot

- 2 large onions, halved and sliced
- 2 tbsp olive oil
- 265g chorizo ring, peeled and thickly sliced
- 4 red peppers, deseeded and cut into large chunks
- 2 x 400g can chopped tomato
- 2 chicken stock cubes
- $\frac{1}{2}$ -1 tsp dried chilli flakes
- 2 tsp dried oregano
- 16 boneless, skinless chicken thighs
- 3 x 410g cans red kidney beans, drained

Heat oven to 180 oC. Fry the onions in the oil for 5 mins until they become soft and start to colour. Add the chorizo and fry for a few mins more. Stir in the peppers, then pour in the tomatoes, followed by a can of water, the stock cubes, chilli and oregano.

Arrange the chicken thighs on top of the sauce, pushing them under the liquid. Bring to a simmer, cover, then cook in the oven for 40 mins. Add the beans, stir, then cook for 20 mins more. (You can make this up to 2 days ahead and keep chilled - then just reheat.)

Serve with fresh coriander on top.



www.bbcgoodfood.com

Easy chicken tagine

2 tbsp olive oil
8 skinless boneless chicken thighs, halved if large
1 onion, chopped
2 tsp grated fresh root ginger
pinch saffron or turmeric (borrie)
1 tbsp honey
400g carrots, cut into sticks
small bunch parsley, roughly chopped
Lemon wedges, to serve

Heat the oil in a large, wide pan with a lid, add the chicken, then fry quickly until lightly coloured.

Add the onion and ginger, then fry for a further 2 mins.

Add 150ml water, the saffron, honey and carrots, season, then stir well. Bring to the boil, cover tightly, then simmer for 30 mins until the chicken is tender.

Uncover and increase the heat for about 5 mins to reduce the sauce a little. Sprinkle with parsley and serve with lemon wedges for squeezing over.



Hearty chicken pot

8 rashers streaky bacon, chopped into large pieces
4 chicken breasts, cut into large chunks
200g pack baby button mushrooms
1 tbsp plain flour
400g tin chopped tomatoes, with garlic
1 beef stock cube
dash Worcestershire sauce
handful of parsley, chopped

Heat a shallow saucepan and sizzle the bacon for about 2 mins until starting to brown. Throw in the chicken, then fry for 3-4 mins until it has changed colour.

Turn up the heat and throw in the mushrooms. Cook for a few mins, stir in the flour, then cook until a paste forms.

Tip in the tomatoes, stir, then crumble in the stock cube. Bubble everything for 10 mins, splash in the Worcestershire sauce, stir through the parsley, then serve with mash or rice.



www.bbcgoodfood.com

Honey & lemon chicken

3 juicy lemons
50g butter
3 tbsp clear honey
leaves from 4 rosemary sprigs
1 garlic clove, finely chopped
8 chicken pieces, such as thighs and drumsticks, with skin
750g potatoes, peeled and cut into smallish chunks
green salad, to serve

Preheat the oven to 200 oC. Squeeze the juice from 2 lemons into a small pan and heat with the butter, honey, rosemary, garlic and salt and pepper, until the butter melts and it smells fragrant.

Lay the chicken in a roasting tin - don't pile it up or it won't cook so well. Add the potatoes and drizzle with lemon butter to coat evenly. Cut the third lemon into 8 wedges and tuck them in. (Can be made up to 2 hours ahead up to this point.)

Roast for 50 minutes to 1 hour until the chicken is cooked and the potatoes are crisp and golden.

Serve with a green salad.



The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.

- Arnold H. Glasow