

St David's Chicken

Introduction

This is a simplified version of a chicken dish that is easy to make but with a wee bit extra flavour. This recipe does not stray far from the traditional versions.

Ingredients

- 600g Diced Chicken - 2 or 3 Medium Breasts
- 50g diced onion
- 100g - 1 small leek
- 3 slices of smoked back bacon – OR – 1 small pack (200g) of pancetta
- 2 dessert spoons of clear honey
- Knorr Chicken Stock Cube (1)
- A splash of rapeseed or sunflower Oil
- 2 teaspoons cornflour
- 500ml water
- 75g Sweetcorn
- 75g Peas
- 650g Potato

Options

- You have a choice of container for freezing and whether you want to freeze with sides of potato and vegetables.
- You can use smoked back bacon or pancetta.
- You can decorate the dish with sliced spring onion or parsley as you are serving.
- When eating fresh from cooking this goes very well with Ben's Egg Fried Rice.

Equipment

- Big pot
- Pair of kitchen scissors
- Basic utensils – nothing special!

Preparation

- Get the ingredients and equipment to hand
- Dice the onion - although it is much easier to use frozen onion.

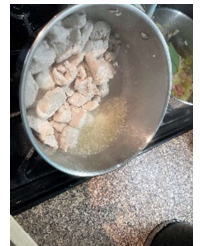
Method

Add a splash of rapeseed or sunflower oil to the bottom of the pan and heat gently.

If you are using chicken breasts, use a fork to hold the chicken and the scissors to cut the chicken right into the pot. Do not wash the chicken.

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Tip: Cheap chicken gives off a lot of water and white gunk so you might want to pour off some of that liquid.



Add the onion, bacon and leek and keep them moving in the pot until softened.

Cover with water and add the chicken stock.

Bring to the boil and simmer for a further 10 minutes or until the chicken is fully cooked.

Optionally, you can add cornflour now and this will make the gravy a little bit thicker with a whiteish tinge to it.

Allow to simmer for a further 5 minutes.

Add the honey and simmer for a further 2 minutes.



Portions

Number of portions	3	4
Final Portion Size	300g	225g
Storage Container	3-Cell	Small Foil

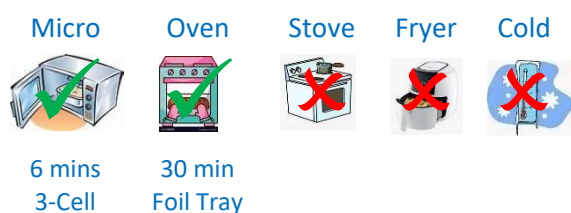
Storage

This can be served fresh but also ideal for freezing in 3-cell containers or foil trays with mash topping for individual portions.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



Adjust times if cooking from frozen.

Be sure the meal is piping hot throughout.

3-Cell Tray

Loosen the lid and pop in the microwave on full power for the time indicated.

This is best consumed directly from the tray.

Foil Tray

Pre-heat the oven to 190°, gas mark 5.

Remove the paper lid and place the foil container on a baking tray.

To serve the foil version on a pre-heated plate, fold back the sides of the foil tray and transfer the meal to the plate with a fish slice.

Can be eaten directly from the tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Topping dish with Mashed Potato
- Using a 3-Cell Container
- Dicing and Slicing Chicken

Dicing Chicken

Use a fork to hold the chicken breast over the pot and cut into rough chunks with the kitchen scissors, directly into the pan.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.
Put the fork and scissors right into the dishwasher or a basin of hot water.
Wash your hands.

Adding Cornflour to Dishes

Mix the cornflour in a cup with a splash of cold water until there are no lumps before adding to the pot.

Allow to simmer for a couple of minutes to get the full effect of the cornflour.

