

One Roast Chicken

This is the story of how 1 large chicken made 10 meals.

1 large chicken 1 large red onion herbs seasoning	Roast the chicken allowing about 45 minutes per kilo of meat. Once cooked leave to rest for about 15 to 20 minutes, slice and serve.
Day 2 Chicken Tagine makes enough for 4 1 large cooked chicken breast and wing 1 tsp cumin 1 tsp cinnamon 1 tsp coriander 1 tsp paprika 1 good tsp of garlic puree 1 large red onion 1 red pepper 1 large courgette 1 aubergine diced 100 gr dried apricots cut in half 100 gr prunes cut in half 2 tbsps pomegranate molasses, honey or maple syrup	Dice all the vegetables and toss in the spices and garlic. Place in a skillet or deep-frying pan and gently bring to the boil, stirring all the time. Add 2 cups of water and stir. Turn the heat down, simmer for 40 minutes allowing all the spices to cook out. Add the chopped cooked chicken and stir again, bring back to the boil, reduce heat, cook for a further 20 minutes. Add the pomegranate molasses and stir. Serve with Rice or couscous and a green vegetable. If you like almonds add a few toasted almond flakes to the dish once served.
Day 3 Stuffed Chicken Pancakes <u>Pancake mixture</u> 200 gr plain flour 2 eggs 600ml mix of milk and water ½ tsp salt Pinch of dried dill (optional) A little oil to cook pancakes <u>Chicken filling</u> Last portion of chicken 100 gr mushrooms 1 leek 2 tbsps crème fraiche grated cheese	Put the flour salt and dried dill in a large bowl. Crack the eggs one at a time into the centre of the bowl. Taking a wooden spoon gently bring the eggs to mix with the flour, slowly add the liquid absorbing the flour and the eggs together. Leave the batter to sit for 30 minutes. It may require a little more liquid if too thick; you want the mixture to swirl around your frying pan, not just sit there. Heat your flat pan, add a drizzle of oil and pour a ladle of batter into the pan, swirl it around. Leave to set until it starts to have little bubbles along the corner of the pan, then flip it over. Start again until all the batter is used up. Slice the mushrooms and leeks and gently fry. Remove from the heat, add the crème fraiche, seasoning and chicken, then leave to cool. Fill pancakes, roll and place in a greased Pyrex dish, dot with butter or grated cheese and bake in a hot oven 180°C for 20 minutes, serve with a crispy salad or broccoli

