
RECIPE OF THE WEEK

Basque Chicken

A one pot wonder popularised by the patron saint of the middle classes - Delia Smith - who adapted it from it's country cousin called Marmitako which is a tuna-



meets-ratatouille dish. That means Basque Chicken is a very adaptable recipe which has the major advantage that you can have starters and chat to friends whilst it bakes.

1 doz. chicken thighs or 6 quarters or 1 farmyard chicken
1 tbsp olive oil 2 large red peppers, sliced
6 small onions, halved
60g sun dried tomatoes
2 plump cloves of garlic

1 levels tsp Piment d'Espelette or cayenne
fresh Chorizo or Napoli sausages
or 75mm approx dried Chorizo sausage
approx 25mm dia, thickly sliced or 2 or 3
450g Arborio or Carnaroli rice
1/2 pint chicken stock
180g (a glass) of white wine
couple of fresh tomatoes
1 heaped tsp. Herbes de Provence
150g firm unpitted Kalamata or Nocellara olives
1 orange, quartered

Wash rice and leave to stand in cold water for 10 minutes. Drain and set aside.

Place the chicken thighs skin down in the pan and brown both sides. Drain excess fat from the pan, discard the chicken skin and put thighs aside.

Seed and chop the red peppers length wise into thick strips. Quarter the onions and sauté with the pepper until they have begun to soften. Add chopped garlic, sun-dried tomatoes and Chorizo cut into 1/2" slices or throw in a handful of Napoli sausages for a serious eat. Stir

in the rice and coat in the oil. Add the remaining ingredients and simmer 5 minutes. Transfer to a casserole dish and lay the chicken pieces and orange on top of the rice. Cover and put in a preheated oven at Rayburn mark 4/Bake 350°F/180°C for about 50 minutes.

Serves 4 - 8.

To download this recipe go to www.squisito-deli.co.uk
