
RECIPE OF THE WEEK

Charred Cajun Chicken 'wit Dirty Rice

Cajun Chicken 'wit Dirty Rice gains its name in New Orleans from the addition of chicken livers, black beans and maybe giblets in addition to the Cajun trinity of celery, onion



and peppers as a base. If you add garlic as well you get the “trinity ‘wit da Pope” which suits me just fine. Sara and our daughter Lily (who spent a year studying American Politics & Quesidillas in Albuquerque!) like to serve ours with guacamole made from avocado, chilli, spices and a bit of fresh tomato which you can load onto tortilla stuffed ‘wit rice ‘n chicken and I add a dollop of *Pip’s Hot Sauce*.

1 x 1.8-2kg free range chicken with the livers jointed into 8 or 8 chicken thighs, boned out

*1 tablespoon Alex’s Cajun Rub
2 sticks celery, 2 green peppers & 1 white onions, chopped
2 cups long grain rice
3 cups chicken stock
1 x 400g can black or kidney beans, drained
1 x 400g can plum tomatoes with juice or 500g fresh, seeded
Pip’s Hot sauce or green chilli powder (for extra oomph) to taste
¼ teaspoon smoked paprika
¼ teaspoon ground cumin
fresh chopped coriander or flat leaf parsley & thick yoghurt or guacamole to serve*

To make guacamole chop & mix

*2 ripe avocados
a good pinch of salt
1 garlic clove, finely chopped
1/2 a fresh lime, juiced
2 vine tomatoes, chopped
1/2 white onion, finely chopped
1 green jalapeño chile, finely chopped
2 tbsp coarsely chopped fresh coriander leaves*

Rub the chicken in the Cajun seasoning - ideally the night before. Fry the chicken in a large pan with a splash of olive oil or char on a griddle until blackened on one side and browned on the other until 74°C in the middle then set aside covered in foil. If using just one pan or wok, add the rice, celery, onion and peppers, chicken stock and livers, black beans, onion, tomatoes, chilli powder, paprika and cumin. Bring to the boil, reduce heat and simmer for 20-25 minutes until all of the liquid is absorbed (or use a slo-cooker and wait). Add the chicken back to the pan and cover until reheated. Garnish with fresh parsley and guacamole. Serves 4-6.

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