



Everyday delicious. Shopping List, October 2010

Creamy Pot Roast Chicken

1 medium (approx 1.8kg) free-range chicken
60g butter
2 red chillies
Handful of fresh flatleaf parsley
4 garlic cloves
1 lemon
Olive oil
8 large shallots
620g pumpkin or butternut squash
200ml white wine
750ml chicken stock
100ml crème fraiche
Small bunch of fresh tarragon

Chicken tagine with preserved lemon

Olive oil
8 free-range chicken thighs on the bone
2 red onions
2 garlic cloves
Ras-el-hanout
1 cinnamon stick
Ground cumin
400g tin of chopped tomatoes
350ml chicken stock
2 preserved lemons
Mango chutney
200g soft dried apricots
Handful of blanched almonds
400g tin chickpeas
Small bunch of fresh coriander

Thai Chicken Burgers

3 free-range chicken breasts
100g fresh breadcrumbs
Plain flour
2 red chillies
5 spring onions
2 limes
Soy sauce
Fish sauce
Small jar of Bart's ready chopped lemongrass
Small bunch of fresh coriander
1 medium free-range egg
Olive oil
Sugar
½ cucumber
(To serve: sweet potato wedges)

Deville Chicken Skewers

4 free-range skinless chicken breasts
English mustard powder
Cayenne pepper
Worcestershire sauce
Soft brown sugar
Tomato puree
1 lemon
3 garlic cloves
Olive oil
4 naan breads
(To serve: plain yoghurt and pilau rice)

Parmesan Chicken Goujons with Tomato Relish

4 free-range chicken breasts
Plain flour
1 large free-range egg
English mustard
Small block of Parmesan
40g Polenta
30g fresh breadcrumbs
Vegetable oil
Extra virgin olive oil
300g cherry tomatoes
Small bunch of fresh thyme
1 garlic clove
Red wine vinegar
Light brown sugar

Chicken Tartiflette

700g charlotte potatoes
300g baby spinach
Olive oil
1 large onion
2 garlic cloves
200g smoked bacon lardons
Plain flour
370g leftover cooked chicken
200ml double cream
200ml chicken stock
250g Reblochon cheese