



This was a really hearty dish. There was sufficient Chicken left for us to make three large Pasties. The remaining broth made several bowls of Soup. I would say this would easily feed 4 hungry folk.

Ingredients:-

A Medium Chicken
6 Rashers of Bacon chopped
2 Leeks, thickly sliced
2 Large Carrots, thickly chopped
2 Tbsp of Cornflour to thicken
½ a Small White Cabbage, coarsely shredded
500ml of Chicken Stock
1 Tsp of Mixed Herbs
Salt & Pepper to season
Chopped Parsley

Method:-

- (1) Rub about 1/2 teaspoon Salt in body cavity.
- (2) Dice the Bacon and fry until crisp and brown in a Dutch oven. Remove and set aside.
- (3) Brown the Chicken in the Bacon fat on all sides. Remove Chicken from pan.
- (4) Add the Leeks and return the Bacon bits along with diced Carrots.
- (5) Cook until lightly browned.
- (6) Add the Chicken Stock.
- (7) Mix the Cornflour with a little water and stir in.

- (8) Add coarsely chopped Cabbage and season with Salt & Pepper.
- (9) Stir to mix thoroughly until the Cabbage is slightly wilted.
- (10) Heat, stirring frequently, until simmering.
- (11) Add the chopped Parsley and Mixed Herbs.
- (12) When the stew is simmering gently return the Chicken.
- (13) Cover and simmer very slowly until chicken is very tender.
- (14) Roughly cut the Chicken into chunks.
- (14) Garnish with Chopped Parsley and serve in large bowls with crusty Bread.

The Chicken was remarkably tender and really tasty. Well worth the slightly longer than usual cooking process.