



?Basically butchery of any sort is a reductive cost incremental process.? Easy for my old colleague Geoff the butcher to say! What he actually meant was the more time and effort required in the butchery process, the more you have to charge for the end result. So generally with Chicken for example, you are better buying the full bird and cutting it yourself.

However sometimes in the reductions you find a little surprise. These Wings & Thighs cost us 89p! It's a while ago when we were still living in the tent and had very limited resources, but they made a great meal at very little cost.

Ingredients:-

1 box of Chicken Wings and Thighs
1 Onion
6 Mushrooms
Vegetables ? Whatever you have
Gravy mix (We use Bisto Best as it's Gluten free)

Method:-

- (1) Chop the Onions and Mushrooms.
- (2) Add the Onions and Mushrooms to a pan of water and add 3 table spoons of gravy powder.
- (3) Bring the gravy to the boil and then reduce the heat to a simmer until the Onions and Mushrooms have softened. Remove from the heat.
- (4) Place the Chicken pieces in a pan of water and broil with a little salt and pepper until they are cooked. Remove from the heat, drain and cover.
- (5) Slice or chop your vegetables and boil in salted water until tender.
- (6) Add the Chicken to the gravy and gently reheat.
- (7) Serve the Chicken over the vegetables.

A quick and easy nutritious family meal.