

Chicken Recipe = Chicken Tikka Skewers

Ingredients:

1 pint live natural yogurt
1 tbsp Cumin powder
1 tbsp garam massala
1 tsp Coriander powder
1 tsp Turmeric powder
1 tsp chilli powder
Juice 1 lemon
8 cloves garlic - crushed
1 inch grated ginger
4 Chicken Breasts Cubed
1 Lemon

Method:

Preheat oven at 200oC.

Mix the spices, lemon juice, ginger and garlic up into a paste with a little water and stir in well with the yogurt to make a tandoori marinade. Marinate the chicken in the marinade for 2-6 hours. Shake off excess marinade and place chicken pieces on skewers on a wire rack. Cook in the oven for 15-20 minutes and check the chicken is cooked by piercing the thickest piece with a skewer, if the juices run clear it's cooked, Avoid over cooking as this will dry the meat out, serve with a wedge of lemon.

Chicken Recipe = Roast Chicken with Olive oil, Lemon and Honey

Ingredients:

1 large chicken
30ml olive oil
3 tablespoons honey
2 cloves garlic
2 lemons
Sea salt and Black pepper

Method:

Preheat oven to 180oC.

Prick the skin of the chicken all over. Rub the olive oil over the bird and season with sea salt and black pepper.

Peel the garlic and squeeze the juice from the lemons. Place the leftover lemon and the garlic cloves into the cavity.

Place the chicken in oven for 30 minutes.

Gently heat the lemon juice and honey. After 30 minutes, remove the chicken from the oven and pour the honey and lemon mix over the top. Roast for a further 20 minutes until the chicken has become dark brown and is cooked through.

Serve with the pan juices, also delicious served cold.

Chicken Recipe = Chicken on Rocket and Watercress with Roasted Butternut

Ingredients:

2 packs chicken breast fillets
1 mild fresh chilli
1 teaspoon crushed garlic
½ cup fresh coriander chopped
130ml soy sauce
60ml olive oil
Juice of ½ lemon
1 teaspoon honey
1 peeled butternut, chopped into chunks
2 packets Rocket
Salt and Black pepper

Method:

Preheat oven to 200oC.

Season butternut and coat in olive oil. Bake in oven for 30 minutes until soft and remove.

Mix th chopped chilli, garlic, coriander, soy sauce, 40ml olive oil, lemon juice and honey and marinate the chicken fillets in the mixture.

Toss the coriander and rocket in a little olive oil and salt and arrange on the plates.

Grill the chicken over a hot griddle pan, adding all the marinade to form a sauce once the chicken is cooked.

Place the cooked butternut onto the leaves and top with chicken and a little sauce.
Serve immediately.

Chicken Recipe = Simple Chicken Drumsticks - Ideal for a kids party!

Ingredients:

8 Fresh Chicken Drumsticks
2 Tbsp tomato sauce
2 Tbsp Worcestershire sauce
Tabasco sauce to taste
1 Tbsp sunflower oil

Method:

Preheat oven to 180°C.
Mix the sauces and oil together to make a smooth sauce. Place the drumsticks on a tray and coat with the sauce.
Bake in the oven for 40 minutes and then leave to go cold in the sauce. mmmmm!

Chicken Recipe = Really Easy Corn and Chicken Patties - Makes 10 patties

Ingredients:

1 can of whole kernel sweet corn
2 chicken breasts, boned, skinned and diced
1/2 cup flour
1/2 fresh chilli, finely chopped
1/2 red pepper, finely chopped
Handful fresh coriander leaves
Sesame seeds
1 clove Garlic
Juice of half a lemon
2 tbsp soya sauce
Salt to taste
sesame seeds to garnish

Method:

Place all ingredients in a food processor and chop roughly. Shape the mixture into about 10 patties. Heat a frying pan with a little oil and fry patties until they are golden brown. Sprinkle with sesame seeds and enjoy!

Chicken Recipe = Persian Jewelled rice with spiced chicken recipe - Serves 4

Ingredients:

4 Chicken Breasts
25ml Moroccan chicken rub
1 onion, sliced
2 cups long grain rice
5 cups stock
2 tsp Ground Cinnamon
2 tsp Cumin
2 tbsp Ground Coriander
2oz Raisins
2oz Pistachio Nuts
3 tbsp chopped mint
Olive Oil
Salt and Pepper

Method:

Rub the chicken on both sides with the rub and olive oil. Fry on both sides until cooked through. Put aside for 10 minutes then slice diagonally.
Fry the onion and spices for 2 minutes, add the uncooked rice and fry for a further minute. Pour over the stock and cook until the stock is absorbed. Fold through the mint, raisins, nuts and chicken and then serve.

Chicken Recipe = Honey lemon chicken - Serves 4

Ingredients:

1 chicken, quartered
60g butter
4 tablespoons honey
3 tablespoons lemon juice
4 sprigs rosemary

Oil or butter
Salt

Method:

Heat the oil or butter in a frying pan. Fry the salted chicken pieces until golden. Now transfer to a casserole dish, leaving the meat juices. In the same frying pan, add the honey, lemon juice and rosemary sprigs and bring to a simmer. After simmering for a few minutes, pour the mixture over the chicken, place a lid on the casserole dish and place into a preheated 190°C oven for 20—30 minutes.

Chicken Recipe = Coronation chicken - Serves 4

Ingredients:

1 chicken (1.5-2kg)
1 medium onion, chopped
1 tablespoon curry paste
1 tablespoon tomato puree
1 tablespoon vegetable oil
250g mayonnaise
100g whipping cream
100g apricots
100ml red wine
1 bay leaf
Juice of 1 lemon
Watercress
Pepper
Salt

Method:

Poach the chicken, until cooked and remove from the bone. Heat a dash of oil in a casserole dish. Lightly fry the finely chopped onion for about three to four minutes. Next, add the curry paste, tomato puree, the wine, bay leaf and a little lemon juice. Leave to cook for about ten minutes until the sauce has reduced. Strain and leave to cool. Peel the apricots and boil. When cooked and soft, pulse in a blender or pass through a sieve. When cool, beat into the mayonnaise and add the cooled curry sauce, removing the bay leaf. Next, whip the cream, and carefully fold into the sauce. Season with salt and pepper, and if desired, add a little more lemon juice. Add the chicken pieces and serve cold, garnished with watercress.

Chicken Recipe = Spiced Chicken with Lemony Red Lentils - Serves 4

Ingredients:

100g Red lentils
300ml Water
1 clove garlic, peeled and chopped
Zest and juice of 1 lemon
1 tsp ground cumin
2 tbsp flat leaf parsley, chopped
Salt and freshly ground black pepper
3-4 tbsp Moroccan rub
3 tbsp olive oil
8 chicken thighs
Lemon Wedges to serve

Method:

Put the lentils in a pan and pour the water over. Add the garlic and cook for 25 minutes or until the lentils are cooked. Drain and stir in the lemon zest and juice and cumin. Toss in the parsley. Season well. Meanwhile, mix together the Moroccan rub and a tablespoon of oil and rub it over the chicken. Leave for at least 20 minutes or overnight in the fridge.

Preheat the oven to 200°C or gas 6. Heat the remaining oil in a large over-proof frying pan and cook the chicken for three or four minutes, turning halfway. Put it in the oven and cook for 30 to 35 minutes or until the juices run clear. Pile the lentils onto serving plates and put the chicken on top. Serve immediately with a lemon wedge to squeeze over the dish.