

RECIPES

Poultry



Chicken, Potato & Sweetcorn Soup

Ingredients

- 2 tsp vegetable oil
- 2 skinless chicken breasts, chopped into small chunks
- 1 onion, finely chopped
- 1 leek, thinly sliced
- 250g potatoes, peeled and chopped into small chunks
- 2 OXO Chicken stock cubes
- 100g canned or frozen sweetcorn
- 2 tbsp cornflour, blended with 2 tbsp cold water
- 2 tbsp chopped fresh parsley
- Salt and freshly ground black pepper

Serves 4



Method

1. Heat the vegetable oil in a large saucepan, brushing it over the surface. Add the chicken chunks, frying them for 2-3 minutes, until browned.
2. Add the onion, leek, potatoes and 1 litre (1 $\frac{3}{4}$ pints) of water to the saucepan. Crumble in the 2 OXO chicken stock cubes and bring up to the boil. Reduce the heat and simmer, partially covered, for 15-20 minutes, or until the potatoes are tender.
3. Add the sweetcorn and cook gently for 2-3 minutes. Stir the blended cornflour and add it to the soup, stirring until thickened. Add the parsley, season to taste, then ladle into warm bowls and serve at once.

Submitted by OXO® (Premier Foods)

Chicken Casserole with Dumplings

This warming chicken casserole is a perfect supper in the colder months of Autumn or early Spring.

Ingredients

- 500g parsnips peeled, and cut into 1 cm dice
- 400g carrots peeled and cut into 1 cm dice
- 1 large leek
- 2 large onions, peeled and finely chopped
- Sprig of thyme
- 1 packet flat leaf parsley finely chopped
- 1 litre of chicken stock
- 1 large glass of white wine
- Leftover roast chicken or 4 chicken breasts cut into ½ inch cubes

For the thyme dumplings

- 250g plain flour
- 100g suet
- 3 tbsp fresh thyme, picked and run a knife roughly through it

Serves 4-6

Method

1. Heat a glug of olive oil in a large pan and add your vegetables, cooking over a low heat for 10 minutes stirring occasionally.
2. Add your white wine and boil to reduce by half
3. Add the sprig of thyme and the stock, bring to the boil and turn down to a low simmer.
4. Make your dumplings; in a large mixing bowl, sieve the flour onto the suet, add your thyme and mix thoroughly then slowly add in enough cold water to form a soft dough. Form into small balls approximately 1 inch across.
5. Add your chicken (if raw) then the dumplings. If using leftover chicken, add 10 minutes before serving to heat through thoroughly.
6. Cover and simmer for 15-20 minutes until the dumplings have doubled in size and are soft and fluffy.
7. Serve with buttery mashed potato to soak up the delicious broth.

Submitted by Barbara Weeden

Chicken Nuggets

Ingredients

- 3 chicken breasts cut into thin strips,
- 1 egg,
- 1 cup flour
- 1 OXO Chicken stock cube,
- 1 tsp Cajun spice or Jamaican Jerk or Chinese 5 spice .

Serves 4-6

Method

1. Crumble an OXO Chicken stock cube into flour and spices and thoroughly mix in a bowl.
2. Cut the chicken into strips & brush with egg yolk
3. Coat each chicken piece with the mixture and lay on roasting tin.
4. Brush with oil before roasting at 180°C for about 20 minutes, turning halfway through.

Submitted by OXO® (Premier Foods)

Hainan Chicken Rice

A simple yet surprising dish of delicate chicken & well flavoured rice, combining the holy trinity of Chinese cuisine - garlic, ginger and spring onions.

Ingredients

- 4 chicken quarters (or a mixture of breasts and thighs)
- 3 cloves of garlic (finely chopped)
- 5cm piece of peeled root ginger (half roughly sliced, half finely grated or chopped)
- 1 bunch spring onions
- Oil for frying
- 1 cup of long grain rice
- 1 OXO Chicken stock cube
- 1 tbsp light soy sauce
- 1 tbsp sesame oil
- Extra soy sauce, sesame oil and sweet chilli to accompany.

Serves 2

Handy hints

Traditionally the chicken skin is left on for extra flavour, but if you prefer; remove the skin prior to boiling the chicken.

If you have leftover stock, simply allow to cool, freeze in a sealed container and use in other Asian-inspired recipes, or to give an extra zing to the gravy with your Sunday roast.



Method

1. Bruise 2 spring onions and place in large saucepan of boiling water with $\frac{2}{3}$ of the garlic, roughly sliced ginger, and the chicken pieces.
2. Boil gently for 10 -15 minutes until the chicken is cooked through with no pinkness in the meat. Remove the chicken and set aside to cool. Strain the cooking liquid, reserving the liquid and discarding the rest.
3. In a clean saucepan add 1tbsp of oil and gently stir fry the remaining garlic, ginger and 2 chopped spring onions until fragrant. In the meantime add the OXO chicken stock cube to the reserved poaching liquid and mix well.
4. Add the rice to the pan and fry for 2 minutes stirring until all the grains are coated. Then pour in enough stock to cover the rice, bring to the boil, cover and simmer until the rice is just cooked. Drain the rice if needed and keep warm in a serving dish.
5. In the meantime remove any bones from the chicken and chop into bite-sized pieces, place in a serving dish. Combine together the soy and sesame oil and spoon over the chicken ensuring a good coating. Shred the remaining spring onions and sprinkle over the top.
6. Warm the remaining stock in another small saucepan. Then serve in soup bowls scattered with a few extra spring onions and few scant drops of sesame oil.
7. Serve a little more of the soy/sesame mixture or even some sweet chilli sauce on the side for dipping.

Submitted by James Turner

Chicken & Mushroom Pie

Ingredients

- 500g ready made shortcrust pastry
- 500g ready made puff pastry
- 300ml of béchamel sauce
- 200g mushrooms (preferably chestnut)
- 1 small onion grated
- 1tsp of mustard
- 1tbsp tarragon chopped
- 1 garlic clove finely chopped
- Leftover roast chicken or 4 chicken breasts cut into ½ inch cubes
- 1 egg beaten

Serves 4-6

Method

1. Fry the mushrooms in a knob of butter and a little olive oil, over a medium heat for 5 minutes until they take on some colour, then add the onions and continue to cook for 5 minutes until the onion softens. If using raw chicken add now and seal all over.
2. Add the garlic and tarragon, stir to combine, then add the cold béchamel sauce plus a tsp of mustard; taste and season if needed.
3. Roll out the shortcrust pastry to fit your chosen ovenproof dish and line the dish with the shortcrust. Spread out the chicken evenly over the base, then evenly pour the mushroom mix over.
4. Cover with the puff pastry lid, sealing around the edges with eggwash, then eggwash the top and make a small vent to allow steam to escape.
5. Bake for 25-35 minutes at 200°C until golden.
6. Serve with some simple boiled or steamed green veg.

Submitted by Sara Lovell

Alternative Christmas Turkey

A simple, fast cooked option that removes much of the stress on Christmas day!

Ingredients

- 4 x turkey breast escalopes
- 1lb of good quality pork sausages or sausage meat
- 12 x rashers of smoked streaky bacon
- 1 large onion, finely chopped, fried until softened and cooled
- 2 tbsp of cranberry sauce
- 2 tbsp of finely chopped fresh sage
- 2 tbsp of breadcrumbs

Serves 4

Method

1. To make the stuffing, skin the sausages and combine them well with the cold onion, cranberry sauce, sage & breadcrumbs. Form into 4 sausage shapes.
2. Place 3 of your bacon rashers onto a large sheet of cling film, cover with a second layer of cling film and roll out very flat.
3. Remove the top layer of cling film, place a turkey escalope onto the bacon, season lightly and place stuffing onto the turkey and roll, using the cling film to keep the shape. Twist each end of the cling film into a 'xmas cracker' shape to get a good cylindrical shape and repeat for the other 3 escalopes. Refrigerate for at least 1 hour to firm (can be done the day before).
4. Heat a small amount of oil in a frying pan and over a medium heat, fry the escalopes until golden all over, then transfer to a hot oven proof dish and roast at 180°C for 20-30 minutes until the juices run clear.
5. Serve with your choice of vegetable accompaniments.

Submitted by Beverley Van Winklen