

CHICKEN CHORIZO AND BEAN CASSOULET

PREP TIME 15MINS COOKING TIME 4 HOURS SERVES 4-6

8 SKINLESS CHICKEN THIGH FILLETS, HALVED - SEA SALT FLAKES AND FRESHLY GROUND BLACK PEPPER, TO SEASON. - 2 TBS PLAIN FLOUR - 2 TSPNS EXTRA VIRGIN OLIVE OIL, PLUS EXTRA.

250G CHORIZO , CUT IN 1CM THICK SLICES - 250ML DRY WHITE WINE - 2 TBLS TOMATO PASTE -2 TSPN SMOKED PAPRIKA - 500ML CHICKEN STOCK - 8 ESCHALOTS - 3 CLOVES GARLIC SMASHED - 1 CARROT, SLICED IN TO 1CM THICK PIECES - 4 SPRIGS THYME 1 FRESH BAY LEAF - 400G TIN CANNELLINI BEANS DRAINED AND RINSED.

METHOD

PREHEAT OVEN TO 140C. PUT CHICKEN A LARGE ZIP-LOCK BAG AND SEASON GENEROUSLY. ADD FLOUR AND SHAKE WELL TO COAT. 2. HEAT OIL IN LARGE HEAVY BASED PAN WITH A LID OVER MEDIUM HEAT. ADD CHORIZO AND COOK, STIRRING OCCASIONALLY FOR 8 MINS. OR UNTIL GOLDEN AND FAT RENDERED FROM IT.. REMOVE FROM PAN AND SET ASIDE, LEAVING OIL IN PAN. 3. COOK CHICKEN IN BATCHES, TURNING OCCASIONALLY FOR 5 MINS. UNTIL GOLDEN. ADD A LITTLE EXTRA OIL BETWEEN BATCHES. REMOVE CHICKEN AND SET ASIDE. ADD WINE, TOMATO PASTE AND PAPRIKA TO PAN AND COOK, STIRRING TO INCORPORATE ANYTHING THAT IS STUCK TO BASE OF PAN FOR 5MINS. 4. RETURN CHICKEN AND CHORIZO TO PAN ALONG WITH 1 CUP OF WATER, STOCK, ESCHALOTS, GARLIC, CARROT, CELERY AND HERBS. BRING TO A SIMMER THEN COVER WITH LID AND TRANSFER TO OVEN. COOK COVERED FOR 3 HOURS, THEN ADD BEANS AND COOK FOR A FURTHER 30 MINUTES. SERVE