



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Chicken Saute Normande with Apple

Ingredients

50g butter or 50ml cold pressed rapeseed oil
8 skinless chicken thighs (get thigh with bones, remove the bones and use to make a quick stock)
2 tablespoons of Calvados (for flambe)
6 shallots, sliced
4 celery sticks, chopped
300ml apple juice (or cider)
300ml good-quality fresh chicken stock, hot
200ml crème fraîche
4 eating apples, such as Cox's or Braeburn, peeled, cored and cut into wedges
3 tbsp chopped fresh chives, to serve



Method

1. Using a ridged iron skillet over a high heat seal the skinless side of the chicken thighs. Ensure they are well marked. Add the calvados and flambe until the alcohol has burnt off. Keep to one side in the skillet. Heat the butter or oil in a deep frying pan or large pan. Add the shallots and celery and cook for a few minutes. Pour over the apple juice and stock and season to taste. Bring to the boil, then cover tightly with lid or foil and cook for 20 minutes, or until the juices run clear when the chicken is pierced. Stir in the crème fraîche and bring to the boil, then simmer gently for 1 minute.
2. Peel and core the apples. Cut into wedges, oil a skillet and put on a high heat. Put the apple wedges on the skillet to line and do both sides of the wedges. Keep warm and add to the chicken as you serve.

Tip

Freeze any leftover cooled casserole, then defrost overnight in the fridge and reheat at 180C/fan160C/gas 4 for 30 minutes until piping hot. Keep it tightly covered with foil during cooking, though.

Other information

Serves 4
Preparation time - 30 minutes
Cooking time – 30 minutes