



Seasonal Recipes from Fountains Abbey

August Seasonal Recipe

Chicken with peas and broad beans (serves 4)

Ingredients

- 1 whole chicken, approx 1.8kg in weight, cut into 8 pieces
- Salt and freshly ground black pepper
- 4 tbsp olive oil
- 50g unsalted butter
- 2 carrots, peeled and chopped
- 2 sticks celery
- 1 medium onion, chopped
- 3 sprigs flat-leaf parsley
- 500ml chicken stock
- 100ml dry white wine
- 100ml double cream
- 100g tiny pearl onions
- 100g bacon, finely sliced
- 150g frozen peas
- 150g broad beans
- ½ baby cox lettuce, finely sliced
- 3 tbsp freshly chopped chervil or parsley

Method

1. Season the chicken with the salt and pepper, then heat half the oil and butter in a stove-top casserole. Fry the chicken in batches until golden on all sides.
2. Pour off most of the oil and return the chicken to the pan with the carrot, celery, onion, garlic and parsley. Add the stock and wine, bring to the boil, then lower the heat and simmer for 30 minutes.
3. Remove the chicken from the pan and set aside. Strain the broth through a fine sieve and return to the pot. Boil to reduce by half, and then skim any excess fat from the top of the broth.
4. Add the cream and boil again until you have a sauce-like consistency.
5. Heat the remaining oil and butter in a heavy pan; add the pearl onions and sauté gently without colouring. Remove from the pan, and then add the bacon. Fry until crisp, then remove with a slotted spoon and drain on a paper towel.
6. Return the chicken to the sauce and reheat gently, then add the onions, bacon, peas, broad beans and lettuce. Cook for a couple of minutes until the peas and beans are tender and the lettuce has wilted. Check the seasoning and sprinkle with the chervil or parsley. Serve immediately.

