



## "JUGGLING TWO HATS"

### Apricot Chicken – The Farmer and the Cook – May 2019

You can use drumsticks, Maryland pieces or even large chunks of breast or thigh cut up if you don't want the bones. Bone in chicken thighs are also good to use (skin on even better!).

This can be done in the slow cooker (drumsticks and thigh cutlets are the best to use for all day cooking) or the oven or stove top if you use cut up chicken breast.

#### Ingredients – Serves 4

1kg Chicken

Seasoned flour to dust

1 onion finely diced

2 garlic cloves finely diced

1 packet of French Onion Soup

2 cans of Apricot Nectar (800ml total)

1 cup chicken stock

Splash of Soy Sauce

1 tbs Moroccan spice mix (from leading supermarkets – not crucial but tastes delicious!)

2 handfuls of chopped dried apricots

Salt and pepper

Chopped pistachio nuts and parsley to serve

#### Method

1. Spray the slow cooker with olive oil spray and place onion and garlic on the bottom. Season chicken pieces with flour and place on onion. Add the rest of the ingredients (minus the pistachios) and cook on low for 8 hours. Add in chopped pistachios and serve with parsley and rice.
2. If doing on the stove then brown seasoned chicken pieces in olive oil and then add onion and garlic. Add remaining ingredients (minus the pistachios) and bring to the boil. Simmer on low for an hour and stir. If you require more liquid then add some more stock and cook for another half an hour.
3. For the oven method – preheat oven to 160 degrees. Use stove method and then place in the oven for 2 hours rather than simmering on the stove top.