

Cook with Stanley!

Stanley Winter Warmers

January is the time of year when we make resolutions; to eat healthier, give up something not good for us, get more exercise etc. What is important, is that we eat well and include food with plenty of vitamins to ward off any colds and flu in the colder weather. This month is about warm comfort nutritional food.

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Chicken Casserole

A comforting chicken casserole cooked with thyme, vegetables and wine.

Preheat oven to 180°C. Season the chicken with salt and pepper. Heat the oil over medium-high heat in large ovenproof casserole. Brown the thighs in the casserole and then remove and set aside. Drain off the fat, leaving a tablespoon behind. Add the onion to the casserole and gently fry until softened but not browned.

Add the garlic and fry for 30 seconds. Add the wine and stir with a wooden spoon to scrape up the bits that have stuck on the bottom. Add the stock, the bay leaf and the thyme and bring to the boil. Add the carrots and potatoes and simmer for 15 minutes with the lid off.

Return the chicken on the pan. Replace the lid and put the casserole in the oven. Cook for 30-40 minutes.

Ingredients

16-8 chicken thighs	1 bay leaf
Salt & black pepper	¼ teaspoon of dried thyme
3 tablespoons vegetable oil	3 large carrots peeled and slice thickly
1 large onion, chopped roughly	4 medium boiling potatoes cut into medium-sized dice
2 garlic cloves, chopped finely	½ cup of fresh parsley, chopped roughly
1 small glass of wine	
1 pint of chicken stock	

Serves 4 – 6



Smoked chicken, swiss chard and pecan nut tart

A delicious twist on a savoury quiche, the Swiss chard can be substituted with spinach.

Line a 9½ inch/24cm tin with short crusty pastry. Pre heat the oven to 200°C. Steam the swiss chard until wilted (2/3 minutes). Line the pastry case with greaseproof paper and baking beans. Bake at 200°C for 8-10 minutes until golden. Reduce the oven temperature to 190°C. Arrange the slices of smoked chicken breast and swiss chard on the base of the tart.

Beat the milk, cream and egg together and pour over. Scatter the pecan nuts on top. Bake in the oven for 30-35 minutes or until filling is set.

Serve warm with green salad

Ingredients

1 smoked chicken breast	3 large free range eggs and 1 yolk
12 stems of swiss chard	¼ pint/125ml cream
12 pecan nuts	¼ pint/125ml milk

Serves 6



Did you know? - Swiss chard is truly one of the vegetable champions with its exceptionally impressive list of health promoting nutrients. Chard belongs to the same family as beets (beetroot) and spinach and shares a similar taste profile. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the most tender.

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