

ALL IN ONE CHICKEN

1 whole chicken cut into pieces

4-6 sprigs mixed herbs

2 onions, chopped

200g mixed mushrooms

2oz flour

2oz butter

Donegal Rapeseed Oil for frying

100ml cream

1 ½ pints chicken stock

70g asparagus

Pre heat oven to 180°C.

Brown the chicken pieces on a hot pan with the oil until nicely coloured.

Place in a casserole dish. Fry off the onions and mushrooms in the same pan and add to the chicken. Pour the stock over the chicken and cover with lid. Place in oven for 1 hour until cooked through.

Remove the chicken from the liquid and keep warm.

Make a roux from the butter and flour. Now slowly whisk in the stock until you have a nice sauce, cook until the flour is cooked out and stir well continuously.

Add the cream to finish with the mixed herbs and asparagus.

Pour this back over the chicken.

Serve with creamy, fluffy mash for a hearty dinner.