

Spanish Chicken (Serves 2): Using a Reactive Blue Round Dish with Lid - Emilio Range



What you'll need:

Chicken: 500g leg & thigh or thighs pieces (not breast meat)

Olive oil: $\frac{1}{2}$ tablespoon (not extra virgin)

Onion: 1 small - medium (at least 120g, prepared)

Celery: 1 stick (at least 50g, prepared)

Garlic: 1 fat clove or 2 smaller

Red pepper: 1 medium or $\frac{1}{2}$ large

Butternut squash: $\frac{1}{2}$ large (approx 350g, prepared)

Chopped tomatoes: 1.2 400g tin

Paprika: 1 heaped teaspoon

Smoked paprika: 1 teaspoon

Ground cinnamon: $\frac{1}{2}$ teaspoon

Red chilli flakes: good pinch, or to taste

Black Olives: 4 -6

Sea salt and ground black pepper to taste

Flat-leaf parsley: Good handful

What you'll do:

1. Firstly, prepare your mis-en-place: Peel and finely slice the onion, celery and garlic. De-seed and slice the red pepper into 1 cm thick slices. Peel and cut the butternut into 2cm dice. Measure out the two paprikas, cinnamon, and chilli separately onto a small plate. De-stone and roughly chop the olives. Set aside.
2. Pre-heat the oven to 140 degs (fan oven) or Mark 2 (gas) and soak your chosen cookware vessel (in this case I have used a 'round dish with lid' in the Emilio range Re-active Blue) in warm water for 5 mins.
3. Heat $\frac{1}{2}$ tablespoon of olive oil in a wide, sauté, or deep-ish fry-pan. Sauté the chicken pieces, right-side down, in a covered pan (to prevent the fat splashing everywhere) over a high heat until well browned. This will take a good 5-6 mins so don't move them about or they'll start cooking rather than browning.

- When nicely browned, remove the chicken from the pan and drain off all but about 2 tablespoons of the fat. Lower the heat and add the onion, celery and garlic. Season with salt and pepper, cover with a *cartouche* and *sweat* the veg (see *Cooking Techniques**) over a low heat until translucent but still firm. Remove the cartouche, add in the red peppers and butternut, turn up the heat and sauté until the veg is just beginning to brown at the edges. Check the seasoning.
- Add in your measured spices, chopped tomatoes and mix everything well. Transfer the contents of the pan to your warmed terracotta dish along with the chicken pieces, olives and the veg, and tuck in a couple of sprigs of parsley. Season again, and tuck a disc of foil over the dish before placing on the lid. This step is optional but it will ensure your cooked dish is *really* succulent.



All ready for the oven.....

- Place in the oven and increase the heat to 180 degs (fan) or Mark 5 (gas) and for 30 mins. Reduce the heat back to 140 degs (fan oven) or Mark 2 (gas) and cook until the meat is falling off the bone (another 1.5 hours, but check a couple of times).



.....and for the dishwasher!!

* For cooking techniques and more recipes visit: *Once Upon a Cook* at "onceuponacook.wordpress.com"