

Flamencos and chicken stew to bring some Spanish warmth into your autumn

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Chicken chilindron

Super-ripe tomatoes, peppers and smoky chorizo are celebrated in this beautiful stew, which hails from Aragon in northeast Spain. This is also a winner made with lamb. Enjoy!

Serves: 6

1.4kg whole free-range chicken, cut into 2 wings, 2 breasts, 2 legs and 2 thighs

4 cooking chorizos or sausages (about 250g)

2 onions

3 cloves of garlic
olive oil

8 ripe tomatoes
290g jar of roasted red peppers

1 good splash of dry sherry

½ a bunch of fresh rosemary

400ml organic chicken stock

1 handful of mixed green and black olives, stone in

1 pinch of saffron

1 lemon

2 anchovy fillets

1. Season the chicken pieces with sea salt and black pepper, thickly slice the chorizo, then peel and finely slice the onions and garlic.

2. Heat a drizzle of oil in a large casserole pan over a medium heat. Working in batches, cook the chicken for 3-4 minutes, or until browned, then remove to a plate.

3. Place the chorizo in the pan and cook for 4 to 5 minutes, or until golden and crisp. Using a slotted spoon, transfer the chorizo to the plate of chicken, leaving the lovely flavoured oil behind in the pan.

4. Add the onion and garlic to the pan and cook for 10 minutes, or until the onions have softened, stirring occasionally. Meanwhile, boil the kettle.

5. Remove the green top from each tomato and score a little cross into the base. Place the tomatoes in a large bowl and cover with boiling water. Leave for 5 minutes, then drain. Cover with cold water to cool, then drain again. Peel, quarter and deseed each tomato, placing the skin and seeds in a sieve over a bowl. Use the back of a spoon to squeeze any juice into the bowl.

6. Drain the peppers, tear into thick strips and add to the onions and garlic. Cook for 1-2 minutes, then turn the heat up to high and add the sherry to deglaze the pan. Tie the rosemary together with string, reserving a couple of sprigs.

7. Allow the sherry mixture to reduce for a couple of minutes, stirring occasionally, then add

the tomatoes and juice, the tied rosemary and chicken stock.

8. Return the chicken and chorizo to the pan. Reduce the heat and place the lid on, slightly askew. Cook the chilindron for about 1½ hours, or until the chicken is super-tender and the sauce has thickened.

9. Destone the olives. Refill and boil the kettle. Place the olives in a measuring jug, pour over 300ml of boiling water and add the saffron.

10. Half an hour before the end of the cooking time, stir the olive and saffron mixture into the stew. Finely grate in the lemon zest and add the anchovies.

11. Heat a little oil in a small frying pan over a medium-high heat. Pick in the reserved rosemary leaves and fry until crisp, then scatter over the chilindron. Delicious served with rice and a fresh green salad.

Nutrition per serving

Calories 363; fat 15.7g; (sat fat 5g); protein 39g; carbs 15.8g; sugar 11.2g

