

View from the Fridge – Recipes from Brian Donkin

Recipe # 116 – Boiled Leg of Chicken with Root Vegetables

Preparation time: 15 mins Cooking time: 1 hour 10 mins

Ingredients:

2 chicken legs
1 stalk celery peeled and cut into four pieces
2 carrots peeled and cut into four pieces
1 small red chilli
¼ small swede (or turnip) peeled and cut into four pieces
2 small cloves of garlic peeled
1 small whole onion peeled
1 small bunch of coriander
4 small potatoes peeled
Salt and pepper

Method

1. Place chicken in pot in cold water, bring to the boil
2. Remove the chicken and plunge into cold water (this removes any scum from the stock)
3. Place chicken in pot of cold water (again) and add all ingredients other than the potatoes and coriander
4. Bring to the boil, cover with lid and simmer for 40 minutes
5. Pick and chop the leaves of the coriander and leave to one side while placing the stalks in the pot – add the potatoes
6. Bring back to the boil and simmer for a further 30 minutes
7. Remove onion and cut this in half
8. Serve into two bowls and add the chopped coriander

Serves 2

