



RECIPE OF THE WEEK: 30/09/2020

KOTOPOULO ME 40 SKORDA (CHICKEN BAKED WITH 40 CLOVES OF GARLIC)

Serves 4

If you bake garlic with meat or in this case chicken for at least 1 ¼ hours, the pulp in the clove has a delicious sweet and sublime taste with hardly any pungency. This dish is perfect for special occasions to surprise friends or family and also makes a good Sunday lunch.

Ingredients

1.8kg free-range chicken
1 lemon, halved
2 bay leaves
½ bunch of fresh thyme
1 tbsp fresh thyme, finely chopped
25g butter
1tbsp olive oil
40 cloves garlic, unpeeled (4-5 heads)
125ml dry white wine
250ml chicken stock
Sea salt and freshly ground black pepper

Method

1. Pre heat the oven 200°C/180°C fan/gas mark 6.
2. Dry the chicken with kitchen paper and place the lemon and bay leaves inside the cavity of the chicken. Season the chicken generously inside and out with sea salt and freshly ground black pepper. Sprinkle with the chopped thyme all over the side.
3. Melt the butter and olive oil in a heavy-based large casserole and over a medium to high heat, brown the chicken on all sides until it is golden in colour. Remove the chicken from the casserole.
4. Add the garlic to the casserole and cook stirring frequently until golden brown, around 3-4 minutes. Stir in the wine and chicken stock and bring to the boil.
5. Place the chicken back in the casserole with a tight fitting lid and bring the liquid to simmering point.
6. Transfer to the oven for 1 ¼ hours.
7. Remove the lid and cook for another 5-10 minutes to allow the chicken skin to turn golden .
8. Remove the chicken from the casserole and allow to rest for 10 minutes.
9. Carve the chicken into chunky pieces and serve with the sauce.
10. Squeeze the garlic cloves out of their skins and squash with a knife to release all the soft pulp to mix in with the juices.
11. Serve with plenty of crusty bread to dip in the garlic juices.

