



Cooking Recipes

Slow Cooked Chicken in Apricot sauce

You need:

6 chicken thigh fillets (skinned and boneless)
2 carrots cut juliennes style (like little matchsticks)
1 onion sliced

Sauce:

1 cup apricot jam or ½ cup apricot jam ½ cup concentrated, slightly heated till runny
1 tsp grated ginger
1 tbsp Dijon mustard
2 tbsp sweet soy sauce (I use kecap manis)
1 level tbsp soft brown sugar
1 tbsp fresh chopped rosemary
1 chicken stock cube
½ tsp Salt and pepper

OK put slow cooker on low and heat a large frypan with some EVOO in it to medium to high heat, add thighs cook for about 3-4 mins until brown turning regularly, when browned remove from heat and put to one side.

Next add the sliced onion and carrots to the pan, cook till soft, meanwhile place all the sauce ingredients into a jar (ginger, jam, Dijon, soy, sugar) and shake well.

When the onion etc. is ready add half to the slow cooker, then add the chicken (try and keep the chicken folded up rather than letting it go flat) then add the rest of the carrots etc. and juices. Crumble a chicken stock cube over the chicken and

then add the sauce evenly, sprinkle the chopped rosemary on top add the lid and cook for about 4 hours on low, may need longer or shorter depending on your cooker, it should almost break up when removed.

If you need the sauce a bit thicker, add a teaspoon of cornflower mixed with a little water, remove some of the liquid and place on a high heat add the cornflower mix and it will thicken, add to the slow cooker and serve.....

I just made potato wedges and a salad but rice would work perfectly.....

Bon appetite!

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