



# Sage & Rosemary Chicken Stew

Suggested by Ann Treesa



## *You will need*

- 2 tbsp Vegetable oil
- 8 chicken thighs
- 1 onion, peeled and diced
- 200g smoked lardons
- 4 garlic cloves, peeled and finely chopped
- 6 large sage leaves, finely sliced
- 2 sprigs of rosemary, leaves only, finely chopped
- 400ml chicken stock
- 150ml soured cream
- 4 tbsp parsley, roughly chopped
- ½ Juice of lemon
- Mashed potato or rice, to serve

## *Method*

Heat the oil in a medium casserole over a medium to high heat and brown the chicken thighs in batches until they turn a deep golden colour. Remove the thighs to a plate and drain off any excess oil.

Add the diced onion and the smoked lardons to the casserole and cook, stirring regularly, for 2-3 minutes, or until the onion has softened a little and the lardons are lightly browned.

Add the chopped garlic, sage leaves and rosemary, and continue to fry, stirring regularly, for a further 2 minutes. Then slide the chicken thighs back into the pot, scraping in any juices left on the plate.

Pour in the stock – it should just cover the thighs. Bring the liquid to the boil, skimming any fat from the surface. Simmer for 25 minutes, or until the chicken is thoroughly cooked through with no pink meat.

Stir in the soured cream, bring back to the boil and simmer for 5 minutes.

Finish the dish by stirring through the chopped parsley, squeezing in the juice of half a lemon and seasoning generously with salt and pepper. Serve with a good helping of mashed potato or rice.

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