

Chicken marbella

First seen in the Silver Palate Cookbook, there are now many tweaked and loved recipes online for chicken Marbella, but this one comes from my mum and nana. Whichever recipe you choose to follow, it's a great choice for a dinner party. Make sure you follow our tips to ensure you prepare, cook and serve it to your guests safely.

DIRECTIONS

1. Add all of the listed ingredients besides the wine, sugar and parsley to a large food-safe plastic container with a lid. Alternatively, you can use several large ziplock sandwich bags. Leave to marinate for at least 2 hours but ideally in the fridge overnight, turning once or twice in the process.
2. Preheat the oven to 200 °C / 180 °C fan / gas 6.
3. When you are ready to cook, spread everything out in a large roasting tray. Tuck the prunes under the chicken pieces so they don't burn.
4. Pour over the wine and sprinkle over the sugar. Place on the middle shelf of the oven and bake for 45 minutes - 1 hour, until the chicken is cooked through and the skin is golden and crisp. Baste the chicken one or two times as it cooks.
5. Once ready, finely chop the parsley and sprinkle over.
6. Serve with roasted potatoes, rice or simply some crusty bread, and enjoy!

Safety tips:

- To reduce the risk of cross-contamination, you must make sure to wash your hands thoroughly after handling raw chicken, and before you move on to the next task.
- Marinate the chicken in the fridge, on the bottom shelf. Make sure to keep it covered and separate from other raw and ready-to-eat foods.
- When your chicken comes out of the oven, check it is cooked all the way through. You can do this using a probe thermometer. The core temperature at the thickest part of the meat should reach 70 °C for two minutes or 75 °C for 30 seconds. You should temperature test multiple chicken portions from different areas of the tray to ensure they are evenly cooked.
- If you have leftover chicken, you must cool and refrigerate it within 90 minutes to avoid the food entering the temperature danger zone. Dividing it into smaller portions will allow you to do this faster. Do not place it in the fridge when it is still hot.
- Consume the leftover chicken within 2-3 days. When reheating you must ensure to reach the same core temperature as when you initially cooked the chicken. It should be steaming hot all throughout.



SERVES 6-8



Gluten-free

INGREDIENTS

2 pieces of chicken (thigh and drumstick) per person
200g pitted green olives
100g dried, pitted prunes
150g blanched almonds
1 bulb of garlic
2 ½ tsp dried oregano
1 heaped tbsp brined capers (plus a tbsp of the brine)
60ml extra virgin olive oil
50ml red wine vinegar
Salt and pepper
200ml white wine
1 heaped tbsp muscovado sugar
A handful of parsley

