

Chicken with Apple & Cider



Serves 4 Prep 10 mins

Cooking 50 mins

Easy

Ingredients

1 small chicken, trimmed (or 2 legs & 2 breasts or supremes)
4 tbsp plain flour, for dusting
2 tbsp sunflower oil
2 tbsp unsalted butter, cubed
3 Braeburn apples, cored, peeled and cut into wedges
400ml cider
1 tbsp mustard
120g crème fraîche
salt and black pepper

1. Preheat the oven to 180°C/gas mark 4. Joint the chicken by removing the legs, then removing the breast from the crown. Remove the wings and reserve them for another use.
2. Dust the chicken pieces with flour, shaking off any excess. Season.
3. In a large ovenproof pan, heat the oil over a moderate heat. Working in two batches, sear the chicken in the oil until golden, turning it once. Each batch should take 4-5 mins. Remove the seared chicken to a plate.
4. Add the butter to the pan and keep to a medium heat. then add the apple wedges and a pinch of salt. Sauté for 3-4 mins.
5. Deglaze the pan with the cider, allowing it to reduce by approximately one third, then return the chicken to the pan.
6. Transfer the pan to the oven and roast the chicken until it is cooked through; 25-30 mins. The thickest part of the thighs should reach a temperature of 79°C and the breasts 74°C on a kitchen thermometer when it is ready.
7. Remove the pan from the oven and transfer the chicken to a plate. In the pan, add the mustard and crème fraîche, and whisk well. Bring the pan to a simmer over a medium heat and season with salt and pepper. Return the chicken to the pan and serve.