

Chicken with Lemon & Egg



Serves 4

Prep 10 mins

Cooking 45 mins

Easy

Ingredients

50g butter

2 tbsp olive oil

1 onion, finely diced

1.2kg chicken joints or thighs, or 800g boned-out thighs, each cut in 3 pieces

Salt and black pepper

Juice of 1½ lemons

250ml chicken or vegetable stock, or white wine

2 egg yolks

Zest of 1 unwaxed lemon

1 heaped tbsp chopped parsley

1. In a large sauté pan, melt the butter and oil over a medium-low flame, and fry the onion until soft and very pale golden.
2. Working in batches, if necessary, add the chicken, skin-side down to the pan and brown, then turn and brown the other side.
3. Season with salt & pepper, pour over the juice of half a lemon, the stock or wine, bring to a bubble, then reduce to a gentle simmer. At this point, if you are using a jointed chicken, you might like to lift out the breast – return it to the pot in the last five minutes of cooking time.
4. Cover with a lid, and cook for 30 minutes if you are using boned thighs, 45 minutes if you are using jointed chicken. The chicken should be tender, with almost all the liquid evaporated, apart from a few sticky juices. Remove the pot from the heat.
5. In a large bowl, beat together the yolks, zest, remaining lemon juice and the parsley. Using a slotted spoon, lift the hot chicken into the bowl, then toss energetically: the heat and movement will thicken the egg and lemon into a rich, satin-like sauce that will coat the surface of the chicken.
6. Tip on to a warm plate, pour and scrape over any juices from the pan on top, and serve with boiled potatoes or buttered rice and a green salad.