

Tsimmes (with Chicken)



Serves 4

Prep 15 mins

Cooking 1h 45 mins

Easy

Ingredients

1 large chicken
2 sweet potatoes
225g carrots, chopped into chunks (parboil the carrots)
125g pitted prunes, cut in half
2 oranges, zest and juice of one; 1 sliced for garnish
225ml chicken stock
150ml red wine or stock
1 tbsp honey
1 tbsp light brown sugar
1 tsp ground cinnamon
2 tbsp butter
1 tbsp cornflour

1. **For the chicken:** heat oven to 200C/180C fan/gas 6.
2. Sit the chicken in a roasting tin. Sprinkle with some olive oil, sea salt & black pepper. Pour water in the bottom of the tin to fill it about 1-2cm deep. Cover the chicken with foil & roast for 1 hr. Remove foil & continue roasting for 20-30 mins until the skin is golden, the chicken cooked & all the juices run clear. Put the cornflour in a cup & add a little water to make a paste. Heat the juices in a saucepan, add the cornflour paste & keep stirring until the gravy thickens. Cover the chicken with foil. Rest for 15-20 mins, then carve & serve.
3. **For the Tsimmes:** preheat the oven to 180 C/ 160 Fan/ Gas Mark 4.
4. Once the sweet potatoes are peeled and chopped, place them in a large oiled baking dish along with the dried plums and apricots.
5. Chop and parboil the carrots for 5 mins and add to the ovenware dish.
6. Combine the chicken stock, wine or extra stock, zest and juice of an orange, honey, sugar, cinnamon and ginger (if using) and pour over the casserole. Season with salt and freshly ground black pepper. Cover with foil and bake for 1h.
7. Then uncover and dot with the butter. Continue to bake until the sweet potatoes and carrots are tender and slightly charred and the sauce has thickened, stirring every 15 minutes, to thoroughly meld the flavours.
8. Remove from the oven and leave to rest for 10 minutes.
9. To serve the stylish way: Dust each plate with a sprinkling of ground cinnamon and garnish with sliced oranges.