

Malvern and Upton Beekeepers Association

MUSTARD CHICKEN CASSEROLE. SERVES 4* Oven 160C gas mark 3

(I always do mine in a slow cooker)

8 chicken thighs see below	2-3 tbs olive oil
2 tbs wholegrain mustard	300g parsnips peeled and chopped
1 tbs English mustard	a few sprig of fresh thyme
2 tbs runny honey	1 1/2 pints chicken or veg stock
2 med-large onions sliced	s & p

Mix mustards and honey together in a bowl plus salt and pepper. Coat thighs in this mix and leave for 3-4 hours to marinate. The original recipe says leave skin on, but I always take mine off.

Using a heavy base casserole dish, brown the chicken in half the oil-take care as the honey will burn if the heat is too high.

Set thighs aside, and then in the remaining oil, fry onions for 3-4 mins. Stir to scrape off any pieces from the bottom of the pan, then add in parsnips and thyme, pour in stock and remaining marinade left in your original bowl, and

bring to the boil. Reduce to a simmer, return the chicken and any juices, making sure that everything is covered in the liquid. Season, cover and cook for about 1 1/2 hours, checking occasionally to make sure that it is not drying out-top up with boiling water if necessary.

Serve with creamy mash and leeks

* I always do mine in the slow cooker-if you do, reduce the liquid to 1 pint or I always add extra thighs usually 4 depending on size, and obviously, the capacity of your slow cooker. It freezes well. The slow cooker version sometimes need a little thickening a couple of hours before it is ready - I use cornflour. I cook it on low for about 6 hours.