

Chicken Rice Roger

Ingredients: Serves 4-5 people

4 chicken breasts or thighs (or mixed)

8ozs fine grain rice

Salt & Pepper

4ozs mushrooms, washed and sliced

1oz butter

1 garlic clove, crushed

2 chicken stock cubes + 1 teaspoon oxo, ½ teaspoon Marmite dissolved in 18oz warm water

2 tomatoes, sliced

½ teaspoon chilli powder

1 teaspoon paprika

½ teaspoon ground ginger

½ teaspoon cumin

2 bay leaves

Method:

Flour and then brown the chicken in a little oil and butter. Whilst it browns put all the ingredients except the butter, tomatoes and stock in a greased 10-inch casserole and mix. Arrange the chicken pieces 'artfully' on top! Dot with butter. Place the sliced tomatoes carefully over the chicken pieces. Pour the stock all around into the casserole. Cover it. Bake at 350f/gas 4 for one hour or until all the liquid has been absorbed.

Good served with Mango Chutney. Perfect cooked the day before required and reheated.

This recipe is a favourite in Ann's family, her Dad found the recipe in the Daily Telegraph and adapted it to his own taste. If you don't like things too spicy leave out the chilli, paprika and cumin.

