

Chicken with Plums, Honey and Pomegranates

Notes This lovely recipe is from “From the Oven to the Table” by Diana Henry and is a lovely winter warmer.



Ingredients

8	Chicken Thighs
2	Red Onions
3 tbsp	Olive oil
8	Plums
2 tbsp	Runny Honey
2 tbsp	Pomegranate Molasses (available in bottles from Waitrose)
1	Orange to provide zest and 50ml of juice
4	Garlic Cloves
2 tsp	Ground Coriander
2 tsp	Sumac
½ tsp	Cayenne Pepper
½ tsp	Ground Cumin
4 tsp	Light brown sugar

Method

Put the thighs in an oven proof dish or casserole without lid.

Mix together the sumac, ground coriander, 2 minced cloves of garlic, 2 tablespoons of olive oil and then coat the chicken thoroughly to marinate. Ideally leave in the fridge for an hour or so. Cut the onions into crescents and add to the pan making sure the chicken remains skins side up. Put 4 of the plums cut in half amongst the chicken.

In a small bowl mix the honey, pomegranate molasses, cayenne pepper, 2 cloves of minced garlic and orange zest together then spoon half of the mixture over the chicken and plums.

Pre heat the oven to 180°C (fan) and roast for about 25 minutes. Then add the remaining mixtures and 4 further plums. Avoid burning the topping.

Test the temperature of the thighs with a thermometer they should be at least 75°C but can be anywhere between 75°C and 90°C.

Serve with couscous, rice or bulgar wheat and any green vegetables.

Extra thoughts

This dish also works well slow cooked.