

SPANISH CHICKEN WITH PICADA & SPANISH TORTILLA

by Alison Crouch

Ingredients

For the chicken with picada

Picada

- 25g blanched almonds
- 25g stale bread, or break fresh bread into pieces and dry off in the oven
- 1 tbsp parsley
- ½ tbsp basil
- 1 clove garlic
- 2 tbsp vermouth or white wine

Chicken

- 1 chicken breast
- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- ½ tsp cinnamon
- ½ tsp ground ginger

- 200ml chicken stock
- 1 tbsp honey
- Juice and zest of 1 orange or lime
- Basil leaves

Method

1. Turn the oven to 180C, gas mark 4.
2. Make the picada: in a food processor or blender, blitz the almonds, stale bread, parsley and garlic, adding enough vermouth to make a paste. Put to one side.
3. Add the oil to the pan and fry the chicken breasts for a few minutes on each side. Add in the onion, garlic, cinnamon and ginger. Fry for two minutes. Stir in the vermouth and stock. Stir in the honey and orange zest and juice. Place a lid on and simmer gently for 1 hour.
4. Stir in the picada and place back on the heat for 10 minutes.

Ingredients

For the Spanish tortilla

- 3 tbsp olive oil
- 2 large potatoes, peeled, sliced thinly and blanched to just soft
- 4 spring onions
- ½ red pepper
- 5 large free-range eggs
- 50g cheddar, grated
- salt and freshly ground black pepper
- sprinkle of cayenne

Method

1. Heat the olive oil in the frying pan and add the potatoes and onions. Stir in the pepper. Stir them around in the oil to get a good coating, then turn the heat right down to its lowest setting, season. Stir for 10 minutes.
2. Meanwhile, break the eggs into a bowl and, whisk them lightly with a fork. Tip the onions, pepper and potatoes into the eggs in the bowl.
3. Mix thoroughly then pour into a greased tin.
Bake for 20 minutes at 160C (fan oven)



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