

Mexican Chicken

Season: All

Serves: 30 tastes in the classroom
or 8 at home as part of a banquet

Fresh from the garden: chillies, coriander, garlic, lime, onions, oregano, parsley, thyme, tomatoes (optional)

Recipe source: Adapted from a recipe by Anna Gare

Equipment:

measuring spoons, scales
and jug
clean tea towel
chopping board
cook's knife
large heavy-based
stockpot with lid
wooden spoon
serving bowls



Ingredients:

1 tbsp olive oil
2 onions, finely chopped
5 garlic cloves, finely chopped
1 green chilli, finely chopped
1 long red chilli, finely chopped
2 tsp dried oregano, or 1 sprig
fresh oregano
½ tbsp coriander seeds
½ tbsp cumin seeds
½ tbsp fennel seeds
1 tsp white peppercorns
1 cinnamon stick
1 whole star anise
5 whole cloves
2 heaped tsp paprika
1.5 kg boneless skinless chicken
thighs, quartered
500 ml chicken stock
5 ripe tomatoes, roughly chopped,
or 1 × 400 g can of tomatoes
1 tsp sea salt, plus extra, to taste
a few thyme sprigs
3 × 400 g cans of kidney beans,
drained and rinsed, or 600 g
dried kidney beans pre-soaked
1 large handful of coriander,
roughly chopped
1 large handful of parsley,
roughly chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the stockpot over a medium heat.
3. Add the onion and garlic and cook for 5–6 minutes, or until softened.

4. Add the chilli, dried oregano and whole spices. Cook, stirring, for 1–2 minutes to release the flavours.
5. Add the paprika and the chicken, turn to coat in the flavours, and cook for a few minutes on each side.
6. Add the chicken stock, tomato, salt, thyme and kidney beans.
7. Cook, covered, for 30 minutes, up to 1 hour.
8. Stir through the coriander and parsley and season to taste before transferring to serving bowls.

