

BAKED CHICKEN WITH CITRUS, FENNEL AND WHITE WINE

Pollo con Arancia Amara, Finocchio, Vino Bianco e Cline

Sardinians love to braise meat with citrus, to impart a delicious, citrus-scented softness, and they also love to cook fennel beneath braising meat, so it becomes soft and moist from the meat juices. This chicken top-baker with orange and fennel – which is based on a brilliant *Maglieria* recipe, a favourite when I lived in England – gets the Sardinian treatment, and it's now become a staple in our home.

SERVES 4-6

one and a half of 1 lemon,
and 1 normal orange,
or 1 Sicilian orange
2 tomatoes (skin removed
& stems removed, roughly
chopped)
oil, olive extra for drizzling
2 tablespoons rosemary
2 tablespoons fennel seeds
500 ml (2 1/4 cups) white
wine
2 fennel bulbs, fennel
leaves to serve
8 chicken breasts
chicken thighs
sprigs of green olives

Wipe a quartet with the citrus juice and rosemary, oil, salt,
fennel seeds and wine.

Place each breast half two quarters lengthwise, and then each
quarter lengthwise into three.

Place the chicken, the fennel stems and the vegetables in a
suitable plastic bag, and chill in the fridge for a couple of hours,
preferably overnight.

The next day, preheat the oven to 200°C (390°F) Gas 6.
Decant the entire contents of the bag into a roasting tin,
arranging the chicken skin side up, on top. Scatter over the
olives, with only 10 fennel seeds for all on top of the chicken
to help it brown. Place the dish in the oven and cook for 1 hour,
until the chicken is brown and the fennel is tender.

Remove from the oven and reduce the sauce for a minute or
two, either by placing the whole dish over the heat, or decanting
the liquid and reducing it over a separate heat. It should
become a delicious sticky 'gravy' consistency.

Now, with the sauce thickened, and some fresh fennel
leaves on top.



Bitter Honey

Wenbin Ji



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