

JOHN PLESSETTE'S MEAL OF THE WEEK



CHICKEN WITH VINEGAR

6 CHICKEN LEGS AND THIGHS*
PEANUT OIL
FLOUR
OLIVE OIL
4 CLOVES OF GARLIC
4 ANCHOVY FILLETS PACKED IN SALT
FRESH ROSEMARY
FRESH THYME
RED WINE VINEGAR
FRESH PARSLEY

HEAT 1/3 CUP OF PEANUT OIL IN A DEEP-SIDE FRYING PAN.

SALT AND PEPPER CHICKEN PIECES. PUT ONE CUP OF FLOUR IN A PAPER BAG. ONE AT A TIME, DROP CHICKEN LEGS IN THE BAG, SHAKE TO COVER WELL WITH FLOUR. SHAKE OFF EXCESS FLOUR BEFORE PLACING IN THE PAN.

BROWN CHICKEN PIECES WELL ON BOTH SIDES, BEING CAREFUL NOT TO OVERCROWD THE PAN. KEEP THE HEAT HIGH ENOUGH TO BROWN CHICKEN WITHOUT BURNING THE FLOUR.

MEANWHILE, CHOP GARLIC CLOVES, ANCHOVIES, A SPRIG OF ROSEMARY AND TWO SPRIGS OF THYME.

WHEN CHICKEN IS DONE, REMOVE TO A PLATE AND POUR OFF MOST OF THE OIL. ADD A SPLASH OF OLIVE OIL AND THE GARLIC/HERB MIXTURE. SAUTÉ FOR A FEW SECONDS UNTIL YOU SMELL THE GARLIC.

PUT CHICKEN BACK IN THE PAN. ADD A CUP OF RED WINE VINEGAR. COVER.

COOK FOR ABOUT 20 MINUTES ON A LOW FLAME. CHICKEN IS DONE WHEN THE THICKEST PART OF THE THIGH RUNS CLEAR WHEN PIERCED WITH A FORK.

ARRANGE CHICKEN PIECES ON A WARM SERVING PLATTER.

ADD A FEW TABLESPOONS OF WATER TO THE PAN, RAISE THE HEAT AND SCRAPE UP ALL THE COOKED BITS WITH A WOODEN SPOON.

POUR OVER THE CHICKEN AND GARNISH WITH PARSLEY LEAVES.

SERVES 6

*NOTE: IF YOU INSIST ON EATING WHITE MEAT, USE A WHOLE CHICKEN CUT IN 8 PIECES AND A COUPLE OF EXTRA LEGS.