

Mr & Mrs Wilkinson
AUSTRALIA

APRICOT CHICKEN

Mrs Wilkinson: I am pretty sure most Australians growing up in the '70s and '80s had apricot chicken and it was certainly a regular in our household ... chicken, apricot nectar, French onion soup mix and, voila, it was done. I've gone to the next level with my interpretation of this Aussie classic.



The boys love chicken on the bone, so this is a guaranteed winner for dinner. If you are going old school, serve it on a bed of rice sprinkled with parsley, though I like to serve it with a toasted couscous salad bursting with almonds, sunflower seeds and feta

Serves: 4

INGREDIENTS

75 g (2 3/4 oz/ 1/2 cup) plain (all-purpose) flour
1 teaspoon ground turmeric
2 teaspoons dukkah
8 free-range chicken drumsticks
2 tablespoons extra-virgin olive oil
1 teaspoon Promite or other yeast extract-based spread (optional)
600 ml (20 1/2 fl oz) apricot nectar
1/4 cauliflower, cut into small florets
5-6 apricots, halved (fresh or tinned)

METHOD

1. Put the flour and spices in a bowl, add two of the drumsticks and shake to coat. Remove and set aside on a plate, then repeat with the remaining drumsticks.
2. Heat 1 tablespoon of the olive oil in a large saucepan over a medium heat. Add half the drumsticks and brown all over.
3. Remove from the pan and set aside, then add the rest of the oil and repeat with the remaining drumsticks, setting them aside once browned along with the first batch.
4. Add the Promite, nectar and 100 ml (3 1/2 fl oz) water to the pan and cook, stirring, for 2-3 minutes, until the Promite has dissolved. Return the drumsticks to the pan and bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for 10 minutes, until the drumsticks are just cooked through.
5. Remove the lid, add the cauliflower, apricots and vinegar and cook, uncovered, for a further 2-3 minutes or until the cauliflower is soft. Season to taste with salt and serve with rice or a toasted couscous salad.

Recipe from Mr & Mrs Wilkinson: How It Is At Home by Matt Wilkinson and Sharlee Gibb published by Hardie Grant Books RRP \$49.99