

# CHICKEN STEW

## Ingredients

1 small pack of boneless chicken thighs  
(or bone-in but be careful when eating!)

1 small onion

5 mushrooms

1 medium carrot

1 stick of celery, if you have it

3 new potatoes or 1 regular potato, washed thoroughly

1 tablespoon plain flour

1 pint water

1 chicken stock or vegetable stock cube

1/4 pint milk

1 bay leaf, if you have them

A little chopped parsley or chives, if you have them, dried is  
absolutely fine

Salt and pepper

## Method

Place a saucepan on the stove and do not add any oil or butter.  
Light the stove and leave the pan for 2 minutes on a low heat  
setting.

Put the chicken thighs skin side down in the pan. Leave for at least  
10 minutes to slowly go crispy. Don't be tempted to fiddle – you  
don't need to! Set a timer for 10 minutes and have a cup of tea.

Remove the chicken and place on a plate. Don't worry if not cooked  
all way through at this stage.

Chop the onion, celery, and carrot as small as you can manage and  
place in the pan with the leftover fat that would have come out of  
the chicken skin. Cook for 10 minutes on lowest heat.

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Add the mushrooms and cook for another 5 minutes, stir gently occasionally.

Put the flour into the vegetables and keep stirring for 2 minutes.

Add the water in three small batches and stir continuously with a wooden spoon whilst adding. This will make a sauce base.

Crumble the stock cube and add to sauce. Stir well.

Add the milk and stir.

Add the bay leaf and return the chicken to the pan and stir. Season with salt and pepper.

Chop the potatoes, skin on, into bite size pieces and add to pan.

If your pan has a lid, place lid on and set heat to lowest simmer

Cook for one hour. Check potatoes with the tip of a knife to make sure they are cooked through.

If the potatoes are cooked through, the chicken will be too. If the potatoes are not soft return to stove and cook for further 15 minutes. Check again.

Once cooked, add herbs if you are using them and serve. It's good with a bit of broccoli or some peas.