

## Chicken with Cider Vinegar Cream and Caramelised Apples - by Healing Family Eats

*Note: Anything acidic is best cooked in stainless steel. It's not a great idea to use a cast-iron pan since you run the risk of leaching iron into your food. It may also change the flavour.*

*(serves: 4)*

2 tbsp solid fat (I use lard), divided  
6-8 chicken thighs, skin on and bone in  
8 shallots, peeled and left whole  
8 plump cloves garlic, peeled and left whole  
3/4 cup apple cider vinegar  
1 cup bone broth (chicken)  
4 large sprigs thyme  
1/4 cup coconut cream \*  
sea salt to taste  
1 large firm sweet apple (gala is perfect)

Heat 1 tbsp of the fat on a medium/high heat in a large non corrosive sauté pan (see note above). Place the chicken thighs into the hot fat, skin side down, and allow to brown for approx 3 minutes. Resist the temptation to move them too soon or the skins may be pulled off by the pan. Turn the thighs over to the flesh side for a minute or two to quickly brown, regulating the temperature so they don't burn. Do this in two batches so they don't steam and be careful of spitting fat. Put onto a large plate and set aside.

Pour all but 1 tbsp of the chicken fat into a small container and reserve for other purposes. Now add the shallots to the pan and allow them to brown for 2-3 mins, shaking the pan once in a while. Add the garlic and cook a further minute as for the shallots. Pour in the apple cider vinegar and deglaze the pan by stirring with a wooden spoon to release the sediment on the bottom. Next add the broth and return the chicken pieces, making sure they fit snugly into the liquid so they take in all the flavour. Slip the thyme sprigs in between the chicken, cover the pan with a tight fitting lid, then bring up to a simmer and cook for around 30-35 minutes until the chicken is tender. Remove the chicken, shallots and the garlic to a warm place, add the coconut cream to the pan and turn up the heat. Bubble the mixture until the sauce is slightly thickened, approx 10 minutes. Taste and add sea salt as desired. Discard the thyme.



Meanwhile, cut the apple into quarters, cut off the core, then slice each quarter into three. Heat the remaining fat in a frying pan and add the apple slices. Cook on a medium heat for around 3-4 minutes on either side until evenly browned.

Put the chicken into a pretty serving dish or directly onto plates. Pour the sauce over the top and serve the apple slices alongside.

\* Put a 400ml can of coconut milk into the fridge at least the night before you want to make the recipe. When you need to open, turn the can of refrigerated coconut milk upside down, open with a can opener and slowly pour the watery liquid off into a separate jug. You can use this liquid for smoothies or drink as is. The cream is what is left below.