



APRICOT CHICKEN is a quick and simple family dish.

chicken over high heat for 2 minutes, then remove from the wok.

3 If there is very little oil in the wok, add an extra tablespoon, reheat the wok and stir-fry the ginger, onion and celery for 4 minutes. Add the beans and bamboo shoots, and cook for 1 minute. Add the stock, rice wine, sesame oil and 2 tablespoons of water, cover and steam for 30 seconds.

4 Mix the extra cornflour with 1 tablespoon water, stir into the sauce and stir until it comes to the boil and thickens. Return the chicken to the wok and add the almonds. Toss

TERIYAKI CHICKEN

Preparation: 15 minutes
Cooking: 45 minutes
Serves 6



1/2 cup (125 ml/4 fl oz)
Japanese soy sauce
2 tablespoons mirin
1 tablespoon sugar
2 tablespoons oil
12 chicken drumsticks

1 Place the soy sauce, mirin and sugar in a small pan and stir over low heat until the sugar dissolves. Bring to the boil, then reduce the heat and simmer for 2 minutes.
2 Heat the oil in a large

add the chicken drumsticks in batches and cook over high heat until browned all over.

3 Return all the chicken to the pan, add the sauce, cover and cook for 30 minutes, or until the chicken is tender. Serve with rice.

APRICOT CHICKEN

Preparation: 30 minutes
Cooking: 55 minutes
Serves 4



6 chicken thigh cutlets,
skin removed
40 g (1 1/4 oz) packet
French onion soup mix
425 ml (14 fl oz) can
apricot nectar
425 g (14 oz) can
apricot halves, drained

1 Preheat the oven to moderate 180°C (350°F/ Gas 4). Place the chicken in an ovenproof dish. Mix the onion soup mix with the apricot nectar and pour over the chicken.
2 Bake, covered, for 50 minutes, add the apricot pieces and bake for a further 5 minutes. Serve with creamy mashed potato or rice to soak up the juices.