

Fingerlickin' chicken!

This 'at home' recipe from Rosie at The Bell in Tolleshunt Major, is a firm favourite for a spring get together in the garden! This can be done with a mix of chicken however Rosie thinks that thighs are the best for flavour in this recipe.

Method

1. Season the chicken thighs with sea salt and cracked black pepper. Heat some good quality olive oil in a large pan.

2. Brown the chicken: do this in batches to ensure crispy skins! Add in the garlic and thyme sprigs. Cook over a high heat for two to three minutes each side until golden brown.

3. Return all chicken to the pan, add the sherry vinegar and bubble down until reduced by half. Drizzle over the soy sauce and honey, give the pan a good shake to combine all the flavours.

4. Now pour in a good splash of water and add the lemon slices. Allow the liquid to bubble and reduce down until syrupy, this should take about 10 minutes or so. By now the chicken will be cooked through.

5. Transfer to a platter, spoon over the sauce and sprinkle with chopped parsley.

Serve this in the middle of the table to share, with a green bean and shallot salad and new potatoes.

Perfect for a spring evening!

Sticky Lemon Chicken

Serves 4

Takes about 30 mins to prepare and cook

Ingredients

- 8 Chicken thighs
- 1 bulb of garlic, cut through horizontally
- A few thyme sprigs or a shake of dried thyme
- 1 lemon, finely sliced
- Good splash of red wine vinegar
- 2 tablespoons soy sauce
- 3 tablespoons honey
- handful of flat leaf parsley, chopped



The Bell Inn
Beckingham Street
Tolleshunt Major CM9 8LL

Tel: 01621 868154
www.thebeckinghambell.com
info@thebeckinghambell.com