



1 pinch of dried parsley

A small piece of cinnamon stick

2 teaspoons extra virgin olive oil

Salt and pepper

Catalonian roasted chicken (modified texture)

Ingredients (serves 1)

1 chicken thigh (70 g)

35 g onion

50 g tomato

180 ml vegetable broth

1 clove of garlic

25 ml sour wine

1 bay leaf

1 sprig of rosemary

10 g dried plums

5 g almonds

Method

1. Peel and chop onion and garlic. Grate the tomato.

2. Season chicken thigh with salt and pepper and cut it into two pieces.

3. Hydrate plums with wine.

4. Brown seasoned chicken in a frying pan with oil. Once it is well cooked, set aside.

5. In the same pan, sauté the garlic and onion over low heat. Add the tomato and let it sauté until caramelised.

6. Add herbs, plums with wine, and almonds to chicken.

7. Let cook slowly until alcohol evaporates.

8. Moisten with water or broth, cover, and cook everything until it is very tender.

9. Once cooked, remove the herbs (cinnamon, bay leaf, and rosemary) and de-bone the chicken so that everything is thoroughly shredded.

10. Purée with an immersion blender. Season to taste with salt and pepper.

11. Garnish with herbs.