

Chicken and Garlic Casserole

(The long, slow cooking of the Provincial dish renders the garlic to taste mild, aromatic and sweet)

Serves 6

Ingredients: -

45ml/3 tbsp - fruity extra virgin olive oil

1 - 1.5k:2k/3½lb:4lb chicken cut into about 10 pieces or equivalent chicken breast pieces

2 - sprigs fresh thyme or 2.5ml/½ tsp dried

2 - sprigs fresh rosemary or 2.5ml/½ tsp dried

2 - sprigs fresh sage or 2.5ml/½ tsp dried

1 - small bunch parsley, chopped

2 - sticks celery, chopped

40 - cloves garlic, peeled but left whole (Yes, 40 - see note below)

Salt and pepper

Good pinch of nutmeg

Method: -

Preheat oven 190°C/375°F/gas mark 5.

Pour the oil into ovenproof casserole with tight fitting lid.

Add all the ingredients, mix well, best done with hands.



Place the lid on top, a layer of foil in between will help to make a tight fit.

Place in oven and leave undisturbed for 1½ hours.

Serve immediately.

Traditionally the lid is taken off when everyone is seated at the table so that the first blast of delicious aromas can be enjoyed.

Eat with crusty bread or a good Italian bread.

When I did some typing for the Ed., I felt sure there was a mistake. No one would use 40 cloves of garlic in one recipe.

However I was assured this was correct, so what better way to check than to invite a friend round for dinner?

I prepared the dish and yes I did use 40 cloves!

What a surprise when we sat down to eat!

A pleasant one you will be pleased to hear. So all you folk out there who think there is a zero too many, be brave, you will be pleasantly surprised.

(However - anyone you happen to meet the next day will not be too impressed)

Garlic is rich in anti-oxidants, helps keep the blood healthy and lowers Cholesterol