

CHICKEN WITH ALMONDS AND HONEY Serves 6

1.2 kg chicken thighs on the bone or 1 large chook, jointed into 6 pieces (I always use free range, organic chook)

2 onions finely chopped

50 ml extra virgin olive oil

2 tsp ground ginger

2 tsp ground cinnamon

pinch of saffron threads

juice of 1 lemon

50 ml chicken stock

2 tsp sea salt

1 tsp ground black pepper

120 gm almonds

75 gm honey

2 Tbsp rosewater

Mix the oil, spices, saffron, juice, stock and salt and pepper together. Place chicken and onions in a large container, pour over marinade to cover all the bits, cover and refrigerate overnight.

To roast, preheat oven to 180C, spread chook out over a tray large enough to fit all in a single layer and roast for 40 minutes.

Roast almonds in a pan or in the oven until lightly browned, then chop - not too course, not too fine. Mediumly??

Mix nuts with honey and rosewater to make a paste. Remove chicken from oven and cover each piece with a generous amount of nut paste, return to oven and cook further 5-10 minutes, until nuts are golden and honey is just beginning to caramelize.