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RECIPES

Hunters Oven Braised Chicken

Recipe and photo by Brent Parker-Jones

For 6 people

Ingredients:

- 800g tin of chopped Italian Roma tomatoes
- 2 cups of chicken stock
- 6 whole peeled cloves of garlic
- 6 whole peeled shallots
- 6 small, new chat potatoes, whole
- 1 bay leaf
- 300g Mount Zero Biodynamic Soup Mix
- 10 fresh basil leaves
- 1 sprig of thyme, extra to garnish
- 3 Tbsp Mount Zero Extra Virgin Olive Oil
- 6 Portions of chicken thighs without oyster bone (approx 1.3kg)
- 1 medium eggplant rustically chopped
- 250g Kent pumpkin, chopped rustically, slightly larger than potatoes
- 4 fresh, ripe Roma tomatoes
- Good quality salt and fresh pepper.

Method:

Pre heat oven to 180. Bring chopped tomatoes to a simmer in a heavy based saucepan. Add whole garlic, shallots, potatoes, bay leaf, thyme and stock bringing the sauce back to the boil, then add Soup Mix and simmer for 10 mins. Add the fresh basil for 5mins then remove from sauce and discard. Season to taste – don't be shy. Keep moving the sauce intermittently, so that the soup mix does not catch on the bottom of the pan.

Drizzle chicken portions with olive oil and season generously. Seal and colour chicken thighs and set aside in an extra large, oven-proof baking dish. In the left over chicken oil, fry and brown the eggplant and set aside in with the chicken portions. Test the Soup Mix Grains (they should still be slightly firm to tooth) and the seasoning of the sauce. Adjust time of simmer and/or seasoning before taking off the heat. Once you are confident that you have a great developing flavour,



remove and position the onions and potatoes into the baking dish with chicken and eggplant. Add the pumpkin, placing randomly and evenly throughout.

Spoon the hot sauce over dish, but don't fully cover the chicken – the Soup Mix still needs moisture to cook. Top with fresh Roma tomato chucks, adding to the colour and design as well as a little extra liquid into the dish while it all bakes together. Cover tightly with foil and place into the middle of pre-heated oven. After 25 mins, uncover for an extra 5 mins to crisp and form a slight crust on top. If the bake seems too dry, add a little extra water. When the top layer has browned up slightly, test chicken and potatoes. Chicken is cooked if after inserting a skewer the juices run clear. Remove from oven and rest the dish for 5-10 mins before serving. You can serve into a bowl or a plate making sure each of your six serves gets a little bit of something to mop up the plate with, hunter-style.

Tip: Try this recipe with anything else you can find in the vegetable crisper that needs using up. Capsicums, parsnip, cabbage, silver beet, kale, cauliflower will all make great additions.