

Chicken, Bacon and Leek Gourmet Dinner

This recipe is great on a windy spring evening to strengthen the body and encourage the body's energy upwards. Real chicken broth is used which is extremely nourishing as it is full of calcium, minerals and marrow which builds of the kidney Jing. This dish is so creamy and flavoursome no one will believe there is no cream!

You will need;

6 organic free-range chicken thighs

4 rashers bacon (preferably organic)

1 cup dry white wine

1.5 cups of home-made chicken broth (see notes) or chicken stock cube in 1.5 cups boiling water

3 tablespoons of cornflour

1 chopped leek

Heat up a large fry pan until it is really hot. Sear chicken thighs in olive or coconut oil so both sides are brown. Add white wine. Dissolve and stir cornflour into chicken broth then add to fry pan. Add leek. Cover and simmer on low for about 45 minutes, stirring occasionally.

Serve on a bed of brown rice or mashed potato.

*Chicken broth is made by boiling an organic chicken carcass for 12-24 hrs in a slow cooker or stockpot. The best way to get the marrow out is to use a mallet knife to split the bigger bones and add a splash of vinegar to the water which helps to extract it.