



Askins

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ASKINS CHICKEN DINNER

Chargrilled chicken on a bed of our homemade sun-dried tomato and sage stuffing drizzled with our sweet onion gravy and garnished with shoestring onions.

Serves 4

CHICKEN — You need 4 8oz chicken fillets with the skin removed and sliced and slightly flattened. Preheat a griddle pan until hot. Season the chicken with salt and freshly ground black pepper and place onto the hot griddle pan.

Drizzle over some olive oil and cook on both sides for 4-5 minutes, or until golden-brown and cooked through. Set aside and keep warm.

FOR THE SWEET ONION GRAVY

2 medium onions, peeled and thinly sliced

2 tbsp vegetable oil

2 tbsp butter

2 tsp sugar

1 tsp balsamic vinegar

1 700ml beef stock

4 tsp corn flour

4 tsp cold water

Salt and black pepper

Melt the oil and butter in a saucepan over a gentle heat. Add the onion and cover with a lid. Cook slowly for approx. 10 mins or until the onions are soft and translucent. Add the sugar and balsamic vinegar to the onions and stir well. Cover with the lid and continue to cook for a further 5 minutes. Add the stock and boil gently uncovered for 5 minutes. In a jug or bowl mix the corn flour with the cold water to a thin paste. Pour a little of the hot gravy into the starch mixture and mix thoroughly. Pour the starch mixture back into the gravy, raise the heat to high and simmer for 10 minutes or until the gravy is slightly thickened. Keep warm until ready to serve.



FLAVOUR of

TYRONE

Stay, Taste, Enjoy

ASKINS SIGNATURE DISH

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ASKINS CHICKEN DINNER cont.

SUN-DRIED TOMATO AND SAGE STUFFING

(This can be made earlier and then reheated)

- 2 medium onions
- 4 slices sun-dried tomato in olive oil
- 4 sage leaves
- 2 cups soft breadcrumbs
- 2 ounces butter
- salt and pepper

Dice onions and chop sun-dried tomatoes

Saute in a pan with a little oil from the tomatoes.

Chop the sage finely,

Mix sage, onions and sun-dried tomatoes in a bowl with the bread crumbs.

Melt butter, add to stuffing, and season to taste.