

Lloyd Platt & Co. - RECIPE N0.9

JOHN STAPLETON

JOHN STAPLETON'S FAVOURITE RECIPE

“I pass on an old favourite of mine, actually given to Lynn and me by Sue Lawley many, many years ago. It reminds me of our early days together and it is proof that relationships, like recipes, can be enduring if you work hard enough at them”.

John Stapleton

QUICK SPICY CHICKEN

(A recipe from **John Stapleton** taught to him by his wife **Lynn Faulds Wood**).

This is the quickest recipe in the world – and no-one will guess what’s in it!

Ingredients

6- 8 Chicken breasts or thighs
15 fl oz thick single cream (or part yoghurt/cream to make a healthier dish!)
6 tbsps Worcester Sauce
6 tbsps Mushroom Ketchup
1 rounded dessert spoon Dijon or mild mustard
8 oz mushrooms, cleaned and sliced (optional)

Method

Lightly oil a baking dish, arrange the chicken in it and brush with oil.
Cook in a hot oven for 20-30 minutes until nearly cooked.
Meanwhile, mix the cream/yoghurt, sauces and mustard in a jug then pour over the chicken, with the mushrooms.
Cook gently for a further 30 minutes in the oven. Guaranteed delicious!

Lloyd Platt & Company cannot take responsibility for the success (or otherwise) of these recipes!