

Marinated Bostock organic chicken thighs with Caponata

For 4 people

For the thighs:

6 chicken thighs skin on

1 clove of garlic sliced

2 sprig of thyme

Pinch of chilli flake

2 strip of lemon skin

40ml of extra virgin olive oil

To marinate the chicken combine all the ingredients in a container and leave overnight in the fridge.



For the Caponata:

1 large eggplant diced in 1cm cubes

1 onion, diced

2 garlic cloves, minced

3 celery stalks diced the same size as the eggplant

3 plum tomatoes roughly chopped

1 tsp. of red wine vinegar

1 tsp. capers

2 tsp. of shredded fresh basil

8 large pitted green olives cut in 6

2 tsp. toasted pine nuts

Salt and pepper

In a medium size heavy pot heat 5 tsp. of olive oil, sweat the onions stirring frequently, until soft.

Add the eggplant stir occasionally until lightly brown. Add the celery till soft then the garlic, turning down the heat adds the tomatoes and slowly cook for about 15/20 minutes .Stir in the capers and the olives. Let cool for a while and add the vinegar, basil and nuts check seasoning .i like to serve the Caponata at room temperature.

To cook the thighs you can use a frying pan or bbq

Make sure either is hot, sprinkle both sides with a little salt. Always start with the skin down first and cook for about 5/6 minutes each side

Transfer to a plate and rest for about 5 minutes

Cut thighs in halves, served with a fresh garden salad and a good helping of Caponata.