

## Chicken with Red Wine and Tarragon

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Serves 4

### **Ingredients: -**

4 - skinned chicken portions

45ml/3 tbsp - fresh chopped tarragon

15ml/1 tbsp - olive oil

2 - small, red skinned onions, peeled and thinly sliced

90ml/3fl oz - crème fraîche

600ml/1 pint - red wine (rich in antioxidants)

15ml/1 tbsp - lemon juice

Salt and pepper

Sprigs of tarragon (garnish)

### **Method: -**

Put the skinned chicken portions in a shallow dish. Mix together all the

remaining ingredients, except the crème fraîche, and spoon over the chicken.

Cover and chill for 2 hours.

Set the oven to fairly hot. 200°C/400°/gas mark 6.

Remove the chicken portions from the marinade and transfer to a roasting tin, reserving the marinade until later.



Cook the chicken portions for 45 minutes, until golden brown and cooked.

Meanwhile pour the reserved marinade into a small saucepan, bring to the boil and boil vigorously until the liquid is reduced by half.

Remove from the heat and stir in the crème fraîche.

Season to taste.

Serve hot or cold.

Pour sauce over the chicken.

Garnish with sprigs of tarragon (optional).

Chicken is an excellent form of protein, with a much lower saturated fat content than red meat.

It contains useful quantities of vitamin B and some minerals.

Although the calorie content of chicken depends largely on how it is cooked, it is still regarded as a low-calorie protein food.

For example, 25g/loz lean roast chicken has 35½ calories, lean roast beef has 48 calories, and lean roast leg of pork has 46¼ calories.