

# Elizabethan Chicken in Orange Sauce

## Serves 6 - 8

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One 4 - 5 pound fowl (capon or Chicken) cut into 12-15 pieces

Salt to taste

Third of a cup of Flour

2-3 tablespoons of butter

Three quarters of a a cup of Chicken broth or stock

Half a cup of dry white wine

One and half cups of Orange juice

Two and half teaspoons dried Orange peel

Generous pinch of Mace

Eighth of a teaspoon of ground Rosemary

Eighth of a teaspoon of Cinnamon

Eighth of a teaspoon of ground Ginger

1 Teaspoon of sugar

1 cup of pitted Prunes

Half a cup of currants

Garnish with Orange slices

- 1) Sprinkle pieces of fowl lightly with salt: then dredge them in flour
- 2) In a heavy skillet, melt 2 tablespoons of Butter. Brown the fowl adding more butter if required. Set aside
- 3) In a large enameled pot combine remaining ingredients bring to the boil now reduce the flame to allow to simmer.
- 4) Add browned fowl. Cover and simmer about 1 hour or until fowl is tender. Check seasoning
- 5) Skin off fat or if time permits place in a pot in the fridge for a few hours then remove the fat.
- 6) Reheat if necessary. Arrange pieces of fowl attractively on a bed of Rice, Noodles or buttered toast and spoon Orange sauce on top.

Garnish with Orange slices

Serves 4 - 6 people

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