

# Chicken and Walnuts

An interesting central European (**Albanian**<sup>1</sup>) dish.

Serves 4 main course meat portions, and can be stretched a little.

## Ingredients

- 30 ml plain flour
- 15 **FAIRTRADE** shelled walnuts
- 2 beaten egg yolks
- 1 clove garlic
- 125 g butter
- 1 kg cubed chicken meat

### Sauce variation

- 500 gm button mushrooms
- to season salt and **FAIRTRADE** fresh black pepper

Then, add the finely crushed walnuts, minced garlic, and the two egg yolks, stirring constantly.

Add the juices from the other saucepan and stir until all the ingredients thicken.

Immediately remove from the heat to avoid solidifying the egg yolks.

Then fold in the chicken. Pan fry the remaining half of the butter until brown and pour over the four servings. Good eating!

## Variations

With the second part of the butter, pan-fry 500 gms of button mushrooms for the sauce.

## Method

### Preparation

Put the walnuts into a freezer bag and crush using a rolling pin. (The bag stops the bits flying all over).

De-skin and crush the garlic.

### Cooking

Heat a little cooking oil in a saucepan and add the chicken.

Cook over medium heat until tender.

Then remove the chicken meat setting it aside in a dish (keep warm) while leaving the remaining juices in the saucepan.

In another saucepan, add the flour and stir over heat until it becomes light brown in color (do not overcook!) and add the other half of the butter.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/albania.htm>