

Hindle Wakes

Chicken with a Prune and Almond Stuffing coated in a Lemon Sauce



Filming with Fred Talbot making the dish for Granada Television

It is the fowl itself that is called Hindle Wakes, because the old hens were sold at the wakes fare. Normally a Lancashire roast chicken would be stuffed with rosemary & thyme pork stuffing with rolls of bacon, gravy and a bread sauce... (Plenty of crusts that were left over)

Ingredients

1.8kg / 4lb Boiling Chicken
150ml / ¼ pint Malt Vinegar
30ml / 2 tbsp Soft Brown Sugar
Water

Stuffing

450g / 1lb Prunes, soaked for 4 hours
225g / 8oz Fresh White Breadcrumbs
50g / 2oz Almonds, blanched and chopped
50g / 2oz Shredded beef suet
15ml Fresh parsley, chopped

15ml Sage, chopped
15ml Thyme, chopped
5ml Marjoram, chopped
30ml Malt Vinegar
Salt and Freshly ground black pepper, to taste

1.8kg / 4lb Boiling Chicken
150ml / ¼ pint Malt Vinegar
30ml / 2 tbsp Soft Brown Sugar
Water

Lemon Sauce

450ml / ¾ pint Chicken Stock
25g / 1oz Plain Flour
25g / 1oz Butter
2 Free range eggs, beaten
2 Lemon, grated zest and juice
Salt and freshly milled black pepper, to taste

Garnish

Lemon Pigtailed
Fresh Parsley

Stuffing method.

Drain the prunes, reserving six for garnish, stone and chop the remainder.
Combine all of the ingredients, mixing thoroughly.
Spoon the stuffing mixture into the neck cavity of the chicken, secure with a wooden skewer

Chicken Method

Place the chicken into a heavy bottomed saucepan; add vinegar, sugar and enough cold water to cover.
Bring to the boil; reduce to a simmer and cover.
Cook for three hours until the chicken is tender.
Remove the saucepan from the heat; leave the chicken in the liquid to ***cool overnight.***

Carefully remove the chicken from the pot, remove the skin from the chicken and place onto a warm serving dish and place into a warm oven.

Re-heat the chicken stock and skim and strain the stock, reserving 450ml / ¾ pint.

Lemon Sauce

Melt the butter in a saucepan and stir in the flour.
Cook gently for 3 minutes.
Gradually add the warmed stock, stirring continuously, to prevent lumps.

Add a few tablespoons of the sauce to the beaten eggs, then strain them into the sauce whilst whisking.

Remove from the heat, add the lemon juice and half of the grated lemon zest, season to taste.

Allow to cool.

Coat the chicken with the sauce, sprinkle with remaining lemon zest, and decorate with the reserved prune halves and sprigs of parsley.

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