



Cuban Chicken

15'
Hands on

12 hours'
Hands off

60'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 1 chicken, cut into 6 pieces
- 6 clove(s) of garlic
- 150 g orange juice
- 150 g lime juice, of 1 lime
- 1 tablespoon(s) salt
- 1 tablespoon(s) balsamic cream
- 1 teaspoon(s) pepper
- 1 teaspoon(s) cumin
- 1 teaspoon(s) oregano, fresh

For the sauce

- 30 g butter
- 30 g all-purpose flour
- 600 g stock, chicken
- 250 g heavy cream 35%, optional

To serve

- 400 g basmati rice
- saffron, some (optional)

Method

- To make the marinade, add the garlic, orange juice, lime juice, salt, white wine vinegar, pepper, cumin and fresh oregano in a food processor.
- Beat until all of the ingredients are completely combined and the garlic has completely broken down.
- Place the pieces of chicken in a deep bowl and pour the marinade over them.
- Brush the chicken with the marinade until completely coated and cover bowl with plastic wrap.
- Refrigerate and allow to marinate for 2-12 hours.
- When ready to cook, preheat oven to 180* C (350* F) Fan.
- Remove the chicken from refrigerator and transfer to an ovenproof baking dish.
- Pour any remaining marinade over the chicken and bake for 50 minutes to 1 hour. Insert a kitchen thermometer to the center of the chicken pieces and when it reaches over 65* C (150* F) and the skin is golden and crunchy it is ready.
- Remove from oven, drain any juices from the baking dish and reserve to make the sauce.
- Place a pot over medium heat and add the butter.
- Let it melt a little, add the flour and whisk.
- Sauté while whisking, until the mixture becomes a paste and starts to turn golden. You are making a roux.
- Gradually add the chicken while continuously whisking.
- Let the sauce boil for 3 minutes, until it starts to bubble.
- Add the heavy cream and allow to come to a boil.
- Season to taste, serve with [rice](#) and top with some saffron threads.

Διατροφικός πίνακας

Nutrition information per portion

463 Calories (kcal)	34.0 Total Fat (g)	16.0 Saturated Fat (g)	7.6 Total Carbs (g)
23%	49%	80%	3%
3.4 Sugars (g)	30.0 Protein (g)	0.5 Fibre (g)	2.4 Sodium (g)
4%	60%	2%	40%