



Serves 6
Prep time 15 minutes
Cook time 100 minutes

APPETITE & THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Braised mango chicken

Ingredients

- 1 large chicken (2.5kg)
- 2 x 40g French onion soup mix
- Salt and pepper
- 2 mangoes, diced
- 1 tbsp rice bran oil
- 6 potatoes
- 6 pieces corn
- 6 pieces pumpkin
- 6 pieces sweet potato
- 6 medium onions
- 2 tbsp cornflour
- 3 litres water

Method

1. Preheat a 15" camp oven.
2. Add oil to oven. Place chick-

en in oven and brown sides.

3. Mix French onion soup in three litres of water and add to camp oven.
4. Place lid on oven and slowly simmer for 40 minutes.
5. Add potatoes, onions and mango and cook for 30 minutes with lid on.
6. Add remaining vegetables and simmer for a further 30 minutes.
7. Add two tablespoons of water to cornflour and mix until combined. Remove lid and stir in cornflour. Simmer until liquid starts to thicken.
8. Remove oven from fire and serve.

Tips

Don't skin the vegetables. When you cook in a camp oven the skin holds the vegetables together and retains the goodness. Cook this dish on a slow simmer by using a small bed of coals. If you require more heat, add small pieces of kindling a few at a time as needed.