

**Kristen Frederickson's  
Slow-Braised Chicken Thighs with Olives, Capers, and Bay  
(serves 4)**

8 chicken thighs, skin-on, bone-in  
6 cloves garlic, minced  
1 white onion, cut in half and sliced thickly  
½ cup/100g oil-cured black olives, pitted and cut in half  
4 tbsps capers (rinsed, if cured in salt)  
6 fresh bay leaves  
½ cup olive oil  
½ cup chicken stock  
½ cup white wine  
1 lemon, juiced  
fresh black pepper

Lay the thighs skin-side up in a large baking dish. Sprinkle over them the garlic, onion, olives, and capers. Tuck the bay leaves in among the thighs. Pour over the olive oil, chicken stock, white wine and lemon juice. Grind fresh pepper over the thighs and cover the dish tightly as possible with foil.

Bake at 300F/160C for two hours, then remove the foil and raise the heat to 425F/220C and cook for a further 30 minutes. Serve with steamed basmati rice or warmed sourdough bread, to appreciate the cooking juices. If you want to make more of a fuss, strain the cooking juices through a sieve into a frying pan and sprinkle over a tablespoon of flour. Whisk over low heat to make a beautiful gravy.

Kristen Fredericksen and her daughter, Avery Curran are the authors of Tonight at 7:30: One Family's Life at the Table and have generously shared their recipe with Nell, Izzy, Birdie and Cass.