

Chicken grandma's style

Corn mush: dissolve the middle thin texture corn flour in cold water, then simmer with a little salt, occasionally adding a little bit of butter. Slowly stir until you get a regular consistency. **Spinach:** wash, and then simmer until you get a green paste. Remove all the liquid and add a little salt and olive oil.

Chicken breast: must be without any skin or bones, flavour it with lemon juice, herbs, salt and olive oil as desired. Place it on a casserole and cook in the oven or in the frying pan. The golden colour is achieved by increasing the heat.

Asparagus: wash, then boil uncovered in order to keep the colour well green. Remove all the water and add butter to give a little flavour. You can wrap them with cured smoked ham. You can get a colour to decorate the dish and add flavour simmering with small tomatoes, olive oil, salt and a little of pepper. You can make a sauce based on herbs and thickened chicken stock to better flavour the dish.