Baked Chicken

Ingredients:

1.5 kg chicken

3.5 cups milk

3 tablespoons flour

4 tablespoons margarine

2 onions

0.5 kg peas

3 large tomatoes

1 cup coconut cream

Oil for frying

Salt and pepper to taste

1. Dip pieces of chicken into milk then into seasoned flour.
2. Fry them in oil until brown. Place them in casserole.
3. Fry the onions and peas for 2-3 minutes. Add tomatoes and seasoning.
4. Pour the milk and the cream over the chicken.
5. Add the tomatoes and seasoning into the chicken.
6. Cover and cook from the lower rack of an oven at 180 degrees C for 1.5 hours.
7. Serve while hot with roast potatoes or rice