

CHICKEN FRICASSE WITH VINEGAR & HERBS

Introduction

A little jewel of family cuisine. Again the success of this dish depends very much on the quality of the ingredients. Try to choose free range or organic Chicken and also a good red wine vinegar, the best I've found was red wine Cabernet Sauvignon vinegar from Waitrose. The cooking time will depend entirely on the sourcing of the chicken – factory produced will take 15 – 20 minutes, free range/organic 30 – 40 minutes. The dish can be prepared one day in advance and then reheated in the oven at 150°C.

Serves (Yield): 4

Difficulty rating: ●○○

Preparation time: 20 mins

Cooking time: 40 mins

Special equipment: Large Earthenware pot with lid

Ingredients

For the Chicken fricassee:

	4	Chicken drumsticks and thighs (8 pieces), organic or free range
15ml	1 tbsp	Olive oil
4g	4 Pinches	Sea salt
1g	2 Pinches	Pepper, black, freshly ground
75g	5 tbsp	Red wine vinegar
100g		White wine, dry
80g	1	Tomato, ripe, finely chopped
20g	4 Cloves	Garlic, peeled, pureed
40g	1 Handful	Flat leaf parsley leaves, roughly chopped
1g	2 Sprigs	Tarragon

For the Sautéed potatoes: (optional)

	4	Potatoes medium (desire/maris piper/king edwards) washed, peeled, diced 2cm
30ml	2 tbsp	Olive oil
4g	4 Pinches	Sea salt
2g	2 Pinches	Pepper, black, freshly ground
15g	1 tbsp	Butter, unsalted
40g	1 Handful	Parsley, flat leaf, roughly chopped
40g	½	Shallot, finely chopped

For the Spring greens: (optional)

100g		Water
15g	1 tbsp	Butter, unsalted
2g	2 Pinches	Sea salt
½ g	1 Pinch	Pepper, black, freshly ground
500g		Spring greens or purple sprouting

Method

Preheat the oven to 150°C. On a high heat, seal the chicken pieces in the hot olive oil until golden brown for 5 minutes, season with the salt and pepper. Spoon out the fat, add the butter and vinegar, cook down for 10 seconds, stir the chicken pieces in the reduced vinegar so all the pieces are coated.

Add the white wine, bring to the boil for a few seconds, at this stage add the garlic, tomatoes and herbs, cover the pan with a lid and cook for 30 minutes in the preheated oven. **(*1)** Remove from the oven, taste and correct the seasoning if required. Skim any fat from the surface. The chicken should be juicy and tender.

For the Sautéed potatoes: (optional)

On a high heat pan fry the diced potato in olive oil, season with salt and pepper and cook, stirring, until golden brown (12 – 15 minutes). Reduce the heat and add the tbsp of butter (the butter must not burn!). Finally stir in the parsley and shallot. Taste and if need be adjust the seasoning.

For the Spring greens: (optional)

In a large saucepan, bring to the boil water, butter, salt and pepper; add the spring greens and cover with a tight lid. Cook for 2 – 3 minutes until tender, taste and if needed adjust seasoning.

Arrange chicken, spring greens and sautéed potatoes on a large dish or 4 large plates. Sprinkle with parsley. Serve the sauce separately.

Chef's notes (*):

***1** The liquid should not boil but cook at a very low simmer; one or two bubbles barely breaking the surface.

Nutritional info:

Chicken – a very lean source of protein when the skin is removed; and also essential amino acids which help absorb nutrients into the body.