

Chicken Bouillabaisse

Author: Ina Garten, from her book *Barefoot Contessa Back to Basics*

Carolyn T's
Main Cookbook

Servings: 6



Notes:

Description:

1. Pat the chicken dry with paper towels and season it generously with salt, pepper, and the rosemary. Heat 2 tablespoons of olive oil over medium heat in a large Dutch oven and brown the chicken pieces in batches until nicely browned all over, about 5 to 7 minutes per batch. Transfer the browned chicken pieces to a plate and set aside.
 2. Lower the heat to medium-low and add the garlic, saffron, fennel seeds, tomato puree, chicken stock, white wine, Pernod, 2 teaspoons salt, and 1 teaspoon of pepper to the pot. Stir and scrape up any browned bits on the bottom, and simmer for 30 to 40 minutes, until the garlic is very tender, stirring occasionally.
 3. Meanwhile, preheat the oven to 350 degrees F.
 4. Carefully pour the sauce into the bowl of a food processor fitted with the steel blade. Puree until smooth. Return the sauce to the Dutch oven and add the sliced potatoes and browned chicken pieces with their juices. Stir carefully.
 5. Cover the pot and bake for 45 to 55 minutes, until the potatoes are tender and the chicken is done. Check the seasonings and serve hot in shallow bowls with big dollops of Rouille and slices of crusty bread.
 6. ROUILLE: Place the garlic and salt on a cutting board and mince together. Transfer the mixture to a food processor fitted with the steel blade. Add the egg yolk, lemon juice, saffron, and red pepper flakes. Process until smooth. With the machine running, pour the olive oil in a thin, steady stream through the feed tube to make a thick mayonnaise emulsion. Transfer the rouille to a serving bowl and store it in the refrigerator until ready to serve.
- Yield: 1 cup

BOUILLABAISSE:

2 chicken breasts, about 10
2 chicken thighs
4 chicken drumstick
Kosher salt and freshly ground black pepper
1 tablespoon fresh rosemary leaves, minced
2 tablespoons olive oil, good quality
1 head garlic, separated into cloves and peeled
1 teaspoon saffron threads
1 teaspoon fennel seeds
28 ounces tomato puree
1 1/2 cups chicken stock, preferably homemade
1 cup dry white wine
3 tablespoons Pernod (I omitted this)
1 pound Yukon gold potatoes, baby sized, halved
Rouille, for serving, recipe follows
Crusty French bread, for serving

ROUILLE:

4 large garlic cloves
1 1/2 teaspoons kosher salt
1 large egg yolk
1 1/2 tablespoons fresh lemon juice
1/2 teaspoon saffron threads
1/4 teaspoon crushed red pepper flakes
1/2 cup olive oil, good quality

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 489 Calories; 22g Fat (43.4% calories from fat); 38g Protein; 27g Carbohydrate; 4g Dietary Fiber; 122mg Cholesterol; 1191mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 Vegetable; 1 1/2 Fat.