

Chicken in Aged Red Wine Vinegar

Adapted from Michael Roberts' "Parisian Home Cooking"



Don't even *THINK* of making this unless you have *GOOD* aged wine vinegar

4 1/2 pounds chicken pieces, bone-in only

1 whole onion, peeled

2 whole cloves

2 whole carrots

2 stalks celery

1 bunch parsley

2 teaspoons dried thyme

2 whole bay leaves

1 teaspoon whole black peppercorns

Salt to taste

2 chicken feet, 1/2 calf's foot or a pig's tail (optional)

1 1/2 cups red wine, robust type like Zinfandel or Cab

3/4 cup aged red wine vinegar

3 cups chicken broth

Freshly ground black pepper

1 1/2 tablespoons cornstarch

3 tablespoons cold water

2 tablespoons unsalted butter

(See notes about adding mushrooms to this dish)

Serving Ideas: Making this again, I'd gently saute about a pound of button mushrooms in a separate pan with some butter, then toss them into the sauce at the end and make that part of this dish. It isn't in the recipe, but I think it would be a good addition.

Servings: 6

Do not use boneless chicken - there simply won't be enough flavor. The nutrition count assumes you eat all the chicken skin. I didn't use the chicken feet or optional items because I didn't have them. The author strongly recommended one of those be added, however, for the best flavor.

1. Rinse the chicken pieces and pat dry. Halve the onion and stick a clove in each half.
2. In a large deep casserole (with lid, like Le Crueset, which can be used on the stovetop) make a bed of the onion, carrots, celery, parsley, thyme, bay leaves, peppercorns, and the chicken feet (if using). Sprinkle this mixture lightly with salt.
3. Arrange the chicken pieces - except the breasts - over the vegetables, skin sides up. Pour in the wine and vinegar. Cover the pot, place over high heat, and bring to a solid simmer for about 5 minutes. Reduce heat add the chicken broth, cover and simmer without boiling, for about 20 minutes.
4. Add the chicken breasts that have been seasoned lightly with salt and pepper and continue simmering for about 20 minutes (or less), or until the chicken is tender.
5. Remove chicken pieces and place in a low oven while you prepare the sauce. Strain the liquid in the pan through a strainer and discard the solids. Pour liquid back into the pot. Dissolve the cornstarch in the water and add to the liquid. Skim the liquid of any impurities that rise to the surface. When you like the consistency of the sauce remove the pot from the heat and add the unsalted butter. Whisk it in until the sauce is smooth. Spoon the sauce over all the chicken pieces and serve any remaining sauce in a small pitcher.

Per Serving (excluding unknown items): 642 Calories; 40g Fat (60.2% calories from fat); 47g Protein; 13g Carbohydrate; 3g Dietary Fiber; 222mg Cholesterol; 618mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>