

Chicken in a Pot

My own concoction, but very loosely based on a recipe in Around My French Table by Dorie Greenspan



- 2 tablespoons grapeseed oil
- More oil for rubbing on the bird
- 3 1/2 pounds chicken
- 2 whole carrots, cut in chunks
- 1 stalk celery, halved
- 4 large shallots, peeled
- 1 whole Russet potato, peeled, large chunks
- 1 whole yam, peeled, cut in large chunks
- 1 1/2 cups crimini mushrooms, left whole, cleaned
- 8 whole garlic cloves, peeled, left whole
- 1 whole lemon, cut in thirds, seeded
- 1 cup chicken broth
- 1/3 cup vermouth
- 1 sprig fresh rosemary, about 6" long
- 2 sprigs fresh thyme
- 6 sprigs parsley

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

Servings: 4

1. In a large nonstick skillet heat oil over medium-high heat. Using your hands, rub more oil on all the surfaces of the chicken (washed and paper towel dried first). Place chicken in the pan and brown on as many surfaces as you are able to, using a set of tongs to help hold the chicken in place. The more golden brown you can make the chicken at this phase, the nicer it will look when served.
2. Use a large lidded ceramic dish or clay cooker and place the chicken in the middle. Ideally the dish will be just big enough to hold all the ingredients. Place one chunk of lemon in the chicken cavity. Add all the vegetables, garlic, shallots, lemon around the outside of the bird. Nestle the fresh herbs all over the top. Pour the chicken broth and wine down the side (not on the chicken).
3. Cover the pot and bake for 55 minutes. Remove from oven and allow to cool for 5 minutes. Remove lid and remove the herbs (discard). Remove chicken to a carving board and cut serving pieces or slices and place in heated bowls. Discard the 2 lemon chunks and discard. Divide vegetables (including garlic) into bowls and spoon at least 1/4 cup of the juices into each bowl. Serve with a slice of toasted baguette (or two) to dip into the juices in the bowl.

Per Serving (excluding unknown items): 867 Calories; 53g Fat (56.6% calories from fat); 57g Protein; 34g Carbohydrate; 7g Dietary Fiber; 261mg Cholesterol; 479mg Sodium. Exchanges: 1 Grain(Starch); 7 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 6 Fat.