

White Chicken Chili

Gourmet Magazine, Feb, 1996

epicurious.com

Internet Address: <http://www.epicurious.com/recipes/food/views/11452>



Lots of the same ingredients as traditional, but made with white beans, chicken and spices

1/2 pound dried navy beans, picked over
1 large onion, chopped
1 cup celery, chopped
1/2 cup unsalted butter
1/4 cup all-purpose flour
3/4 cup chicken broth
2 cups fat free half-and-half
1 teaspoon Tabasco sauce, or to taste
1 1/2 teaspoons chili powder
2 teaspoons ground cumin
1/2 teaspoon salt, or to taste
1/2 teaspoon white pepper, or to taste
8 ounces green chiles, canned, drained and chopped
2 pounds chicken breast, no skin, no bone, R-T-C, cooked and cut into 1/2-inch pieces
6 ounces Monterey Jack cheese, about 1 1/2 cups grated
1/2 cup sour cream
8 ounces corn kernels, canned or frozen
1 1/2 teaspoons ancho cilie powder
1 1/2 teaspoons New Mexico chile powder
Garnish: fresh cilantro, more grated cheese and sour cream

Accompaniment: tomato salsa

Servings: 6

This is almost a white sauce/gravy with lots of chili type spices in it, with the beans and chicken added in.

1. In a large kettle soak beans in cold water to cover by 2 inches overnight. Drain beans in a colander and return to kettle with cold water to cover by 2 inches. Cook beans at a bare simmer until tender, about 1 hour, and drain in colander.
2. In a 6-8 quart heavy pan cook onion and celery in 2 tablespoons butter over moderate heat until softened. Remove and set aside.
3. In same pan, melt remaining 6 tablespoons butter over moderately low heat and whisk in flour. Cook roux, whisking constantly, 3 minutes. Have broth and half-and-half ready beside the stove before beginning next part (otherwise lumps will form in mixture). Stir in onion and gradually add broth and half-and-half, whisking constantly. Bring mixture to a boil and simmer, stirring occasionally, 5 minutes, or until thickened. Stir in Tabasco, chili powders, cumin, salt, corn and white pepper. Add beans, chilies, chicken, and Monterey Jack and cook mixture over moderately low heat, stirring, 5-10 minutes. Stir sour cream into chili. If chili is too thick, just add more chicken broth to thin it down a little bit.
4. Garnish chili with cilantro and serve with salsa, cheese and more sour cream.

Per Serving (excluding unknown items): 721 Calories; 33g Fat (42.1% calories from fat); 53g Protein; 49g Carbohydrate; 12g Dietary Fiber; 167mg Cholesterol; 636mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 Fat.

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