

Chicken Stew with Fennel Seed

New York Times

Internet address: <https://cooking.nytimes.com/recipes/1026609-chicken-stew?smid=ck-recipe-iOS-share>

Adapted from Dan Pelosi



Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

1. Heat a large pot or Dutch oven on medium. Add butter, olive oil, onion, carrots, celery, garlic, paprika and a big pinch of salt and cook, stirring frequently, until onion is translucent, 5 to 7 minutes.
2. Add flour (or culinary thickener) and stir for 1 minute. Add chicken broth and vinegar and stir until flour is incorporated.
3. Add chicken, potatoes (if using), mushrooms, green beans, heavy cream, sage, thyme, fennel, oregano, and 1 teaspoon each of salt and black pepper. Bring the stew to a gentle boil on medium-high and then reduce heat to maintain a simmer. Simmer, with the lid partially covering the pot, until the chicken is cooked through, about 15 minutes and vegetables are cooked to your liking.
4. Season to taste with more salt and pepper if needed. Serve hot, garnished with parsley and crushed fennel, with lemon wedges on the side if desired. Once it cools, store in refrigerator for 4-5 days, or freeze.

- 2 tablespoons butter
 - 2 tablespoons olive oil
 - 1 medium onion, diced (about 6 ounces)
 - 2 medium carrots, peeled and diced (about 5 ounces)
 - 3 stalks celery, diced (about 3 ounces)
 - 2 cups mushrooms, chopped (cremini or white button)
 - 4 garlic cloves, minced
 - 1/2 teaspoon sweet paprika
 - Salt and black pepper
 - 3 tablespoons all-purpose flour, [I used King Arthur Flour's culinary thickener]
 - 5 cups low-sodium chicken broth
 - 1 tablespoon apple cider vinegar
 - 1 1/2 pounds boneless skinless chicken breast, or skinless chicken thighs, cut into bite-sized pieces
 - 1 pound baby potatoes, cut into quarters (optional)
 - 2 cups green beans, [I used frozen, the kind cut into pieces]
 - 1/2 cup heavy cream
 - 1/2 teaspoon dried sage
 - 1/2 teaspoon dried thyme
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon fennel seed
 - Fresh Italian parsley, chopped, for serving
 - Lemon wedges
 - More fennel seed, ground a little, as garnish
- Yield: 4 servings**

Per Serving (excluding unknown items): 437 Calories; 20g Fat (40.8% calories from fat); 36g Protein; 30g Carbohydrate; 5g Dietary Fiber; 115mg Cholesterol; 213mg Sodium; 7g Total Sugars; trace Vitamin D; 93mg Calcium; 3mg Iron; 1456mg Potassium; 471mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com