

Broth-Braised Fingerling Potatoes

'Around My French Table' by Dorie Greenspan



1 cup chicken broth
1/2 cup water
1 tablespoon extra virgin olive oil
2 garlic cloves, split and germ removed
1 strip lemon zest
1 bay leaf, [or a pinch of powdered bay leaf]
2 sprigs fresh rosemary, or 2 sprigs fresh thyme (or 2 fresh sage leaves)
salt
freshly ground black pepper
1 1/4 pounds fingerling potatoes, or 12 new potatoes, cut in half (or large yukon gold potatoes peeled and cut into 3-inch cubes)
2 tablespoons unsalted butter, [my addition, optional]

Servings: 4

1. Add all the ingredients except the potatoes and butter in a saucepan with a cover, seasoning the broth well with salt and pepper.
2. Bring to a boil, cover, decrease heat, and simmer for 5 minutes.
3. Add the potatoes, cover, and simmer until they can be pierced easily with the tip of a knife, about 15 minutes.
4. The time will vary with the type and size of the potatoes, so check a little before the 15 minute mark and then check frequently after it.
5. If you'd like to serve some of the cooking liquid with the potatoes, lift the potatoes from the pan with a slotted spoon; put them in a warm bowl and cover them; turn the heat up under the broth; cook the broth for a few minutes until it reduces slightly and the flavors are more concentrated. Add butter (if using it).
6. Taste for salt and pepper. Serve immediately.

Per Serving (excluding unknown items): 207 Calories; 10g Fat (41.2% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 202mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

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