Breasts, Casserole, Chicken Pieces, Oven Baked, Pasta, Sauce, Thighs, Whole Chicken

Chicken in a Pot with Orzo

https://barefootcontessa.com/recipes/chicken-in-a-pot
Adapted slightly from Ina Garten's recipe



Good olive oil
1 whole chicken (3 1/2 to 4-pound) or use chicken pieces
2 cups carrots (3/4-inch diced)
2 cups celery, diced (3/4-inch)
2 cups chopped leeks, white and light green parts (3 leeks)
2 cups fennel, chopped, stalks and core removed (1 large bulb)
2 teaspoons minced garlic
4 cups low-sodium chicken broth
3/4 teaspoon saffron threads
1 teaspoon dried thyme
8 sprigs fresh parsley
10 sprigs fresh dill, plus extra for serving
Kosher salt and freshly ground black pepper
3/4 cup orzo pasta
Serving Ideas: With a green salad, this is a complete meal.

Per Serving (excluding unknown items): 638 Calories; 30g Fat (42.2% calories from fat); 45g Protein; 47g Carbohydrate; 6g Dietary Fiber; 138mg Cholesterol; 313mg Sodium; 9g Total Sugars; trace Vitamin D; 130mg Calcium; 5mg Iron; 1228mg Potassium; 471mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 5

NOTE: If using cut-up chicken pieces, reduce baking time to 45 minutes.
1. Preheat the oven to 350°F.
2. Heat 3 tablespoons of olive oil in a medium (11-inch) Dutch oven, such as Le Creuset, over medium to medium-high heat. Dry the chicken all over, place it in the pot skin side or breast side down, and sear it for 5 to 7 minutes without moving, until the skin is nicely browned. Turn the chicken over and sear for another 4 to 5 minutes, until browned on the bottom. Transfer the chicken to a plate.
3. Add the carrots, celery, leeks, and fennel to the pot and sauté for 10 to 15 minutes, stirring occasionally, until the vegetables start to brown. Add the garlic and cook for one minute. Return the chicken to the pot, spreading the vegetables around the chicken. Add the chicken broth, saffron, dried thyme and fresh parsley with enough water to almost cover the chicken (for chicken pieces it did use just 4 cups broth). Add 1 tablespoon salt and 1 1/2 teaspoons pepper. Bring to a boil, cover, and bake for 45 minutes (chicken pieces) or 1 hour and 15 minutes (whole chicken), checking to be sure the liquid is simmering.
4. Remove pot from the oven, remove lid and stir the orzo into the broth, making sure it's equally distributed around the pot, cover, and allow to sit off the heat for 20 to 25 minutes, until the orzo is tender. Test the orzo to make sure it's done. If you've used a whole chicken, use forks to separate the chicken into quarters, carefully pull the breast meat away from the bones and reheat, if necessary. Spoon some of the chicken, broth, and pasta into large shallow bowls, and serve hot sprinkled generously with minced dill and salt.