

★ *Deluxe* ★ *Wood stove* ★ *Slow food*

# Chicken stew

**SERVES** 2

2 CHICKEN LEGS (THIGH AND DRUMSTICK)  
SALT AND BLACK PEPPER  
6 SHALLOTS  
2 GARLIC CLOVES  
10 OZ (300 G) MINI POTATOES  
1 RED BELL PEPPER  
1 ZUCCHINI  
½ FENNEL BULB  
3 TOMATOES  
2 TBSP OLIVE OIL  
2 SPRIGS EACH ROSEMARY AND THYME  
½ CUP (125 ML) WHITE WINE  
2 CUPS (500 ML) ORGANIC VEGETABLE OR BEEF STOCK (PAGE 188)  
1 SMALL RED CHILI PEPPER  
½ BUNCH PARSLEY

Preheat the oven to 400 °F (200 °C). Pat the chicken legs dry with paper towels and season with salt and pepper. Peel and slice the shallots into rings. Peel and finely chop the garlic cloves. Wash and cube the potatoes. Wash, trim, and slice the bell pepper. Wash and cut the remaining vegetables into pieces. Heat the oil in a Dutch oven or other heavy ovenproof pot with a tight-fitting lid. Add the chicken legs and brown on all sides; remove and set aside. Add the shallots and garlic to the pot and sauté until soft and translucent. Add the vegetables, rosemary, and thyme, and sweat briefly. Add the white wine and stock, and deglaze by scraping up the brown bits. Return the chicken to the pot, then add the chili pepper. Season everything generously with more salt and pepper.

Cover the pot with a tight-fitting lid and transfer to the oven. Braise the stew until the chicken is cooked through, about 35 minutes. Remove the chicken, place it on a heatproof plate or pan, and return it to the oven to crisp up. If you are transferring the stew to a thermos, pick the meat from the bones and cut it into small pieces.

Serve garnished with chopped parsley (an extra dollop of sour cream, a few croutons, or 2 to 3 teaspoons of pesto also work well).

