

Chicken and Fennel Stew



Makes:

10 - 12 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
small mixing bowl

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Contributed By:

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5 - 6
pounds
chicken, bone-in, thighs, legs and breasts
(2.3 - 2.7
kg) ¹?₂
teaspoon
natural salt
(3
g) ¹?₂
teaspoon
pepper, ground
(1
g)
1
teaspoon
basil, dry
(1
g)
1

teaspoon
thyme, dry
(1
g)
1
large
onion, sliced, use Cone #4
4
cloves garlic, shredded, use Cone #1
2
small
bulbs fennel, fresh, cut into wedges
1
pound
carrots, cut in 1 ¹/₂ inch chunks
(454
g)
¹/₂
cup
white wine
(120
mL)
2
cups
chicken or vegetable stock
(475
mL)
2
cups
diced tomatoes, with liquid
(360
g)

Directions:

1. Preheat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes.
2. While pan preheats, combine salt, pepper, basil and thyme in small bowl. Trim excess fat from chicken and season with salt and herb mixture.
3. Place chicken pieces in pan, gently pressing down. Place cover on pan slightly ajar and cook chicken 8 - 10 minutes on each side, until chicken easily releases from pan.
4. When chicken is browned, remove from pan and set aside. Do not overcrowd pan while cooking; if all of the chicken does not fit into the pan, brown in batches. Pour off any excess fat from pan.
5. Add onions and garlic to pan and sauté 2 - 3 minutes.
6. Add fennel and carrots. Place cover on pan slightly ajar and

cook 6 - 8 minutes.

7. Pour wine into pan to deglaze and remove any browned pieces on bottom of pan.
8. Place chicken pieces back into pan. Pour stock and diced tomatoes on top and cover.
9. When Vapo-Valve? clicks steadily, reduce heat to low and cook for approximately 1 1/2 hours until chicken is tender and cooked through.
10. Taste and add seasonings as needed.
11. Serve 1 - 2 pieces of chicken with vegetables and sauce per serving, and garnish with a sprinkle of chopped fennel leaves and fresh parsley.

Tips:

- Serve stew with your favorite crusty bread, roasted or mashed potatoes or a whole grain side dish.
- Add 1/2 - 1 teaspoon of crushed red pepper for a spicy dish.
- Add additional vegetables: zucchini, sweet potato, parsnips or peas.
- To reduce fat content, trim off all of the skin before seasoning and cooking.

Nutritional Information per Serving
Based on 12 servings

Calories:

414

Total Fat:

24g

Saturated Fat:

7g

Cholesterol:

146mg

Sodium:

411mg

Total Carbs:

10g

Dietary Fiber:

3g

Sugar:

3g

Protein:

38g