

serves 4

Chicken Osso-Buco Style

Aromatics are combinations of fine-dice vegetables cooked in fat providing the base flavours for various types of cuisine. This recipe uses an Italian soffritto of carrots, onions and celery cooked in olive oil.

Ingredients

3 medium chicken thighs	1 large celery stalk, diced
2 tbsp (30mL) olive oil	1-28 oz (796mL) can Italian-style stewed tomatoes
1 tsp (5mL) salt	Chopped parsley, for garnish
½ bag (500g) carrots, peeled and diced	Grated lemon peel, for garnish
1 large onion, diced	

Directions

- Remove skin and fat from chicken thighs. Heat oil over medium-high heat in a 12-inch skillet. Add chicken thighs and 1 teaspoon salt and cook until chicken is golden on all sides. Remove to bowl. Dice carrots, onion, and celery.
- In drippings remaining in skillet, cook carrots, onion, and celery until lightly browned. Return chicken to skillet; stir in stewed tomatoes. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 25 minutes or until chicken is fork-tender and juices run clear when chicken is pierced with a knife. Sprinkle with chopped parsley and grated lemon peel.

Recipe adapted from: www.goodhousekeeping.com

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Indian Chicken with Coconut Milk

Try this Indian aromatics inspired dish using ghee, onion, chilies, garlic and ginger for the flavour base along with a variety of Indian spices.

Ingredients

4lb (2kg) chicken with skin,
cut into 6 pieces

Salt and freshly ground
black pepper

2 tbsp (30mL) ghee,
clarified butter or coconut
oil

1 medium onion, thinly
sliced

2 garlic cloves, chopped

1-2 serrano chilies, cored,
seeded and finely chopped

1 tbsp (15mL) finely
chopped ginger

1½ tbsp. (25mL) curry
powder

¾ cup (180mL) low sodium
chicken stock

1 cup (250mL) coconut milk

For garnish: 1/3 cup (80mL)
roasted cashew halves and
chopped cilantro

Directions

- Season the chicken with salt and pepper. Brown chicken on the skin side in ghee over medium heat; about 15 minutes. Flip and cook on the bone side for about 5 minutes. Remove the chicken from the pan and reserve 2 tbsp of fat in the pan.
- Add the onion, garlic, chiles, and ginger and stir frequently until the onion caramelizes, about 15 minutes. Add the curry powder and sauté until fragrant, about 2 minutes.
- Add the chicken stock, scraping up any browned bits, and return the chicken pieces to the pan. Bring to a boil, reduce the heat, and simmer, covered, until the chicken is firm to the touch and cooked through; 20 to 25 minutes. Add the coconut milk, simmer until thickened (3 to 5 minutes), and remove from the heat. Transfer the chicken to shallow serving bowls, spoon the sauce over, and sprinkle with the chopped cashews and cilantro.

Recipe adapted from: www.finecooking.com