



# Sugar Apple

Posts From The Caribbean

## **Autumn Chicken and Vegetable Stew**

This stew is rich and flavorful, but not as heavy as a beef or lamb stew. Perfect for a rainy Caribbean evening. The ingredient list looks long but it's really easy to put together. The vegetables in the recipe are the ones I happened to have on hand. Feel free to make substitutions according to what you have and what you like.

This is a fairly saucy stew and I like to serve it with mashed potatoes and lots of warm crusty bread to mop up the sauce. You could also up the amount of the potatoes in the stew for an easy one pot meal.

*2 pounds chicken thighs, skinned and trimmed of fat*  
*3 tablespoons olive oil*  
*12 small shallots, peeled*  
*2 carrots, peeled and cut into large chunks*  
*2 stalks of celery, cut into large chunks*  
*6 cloves of garlic, peeled and halved*  
*2 sweet potatoes, peeled and cut into large chunks*  
*2 parsnips, peeled and cut into large chunks*  
*half a small butternut squash, peeled and seeded and cut into large chunks*  
*1 red bell pepper, seeded and cut into large pieces*  
*8 fingerling potatoes, scrubbed and halved*  
*1 large zucchini, half lengthwise and cut crosswise into chunks*  
*1 cup dry white wine*  
*3-4 cups chicken stock*  
*a few sprigs of fresh thyme*  
*1 teaspoon salt*  
*2 tablespoons unsalted butter at room temperature*  
*2 tablespoons flour*  
*3 tablespoons of finely chopped parsley*

Mix the room temperature butter and the flour in a small bowl until the flour is totally incorporated into the butter and set aside. This is your *beurre manié* and you'll use it later to thicken the stew.

Heat 2 tablespoons of the olive oil in a large heavy pot over medium heat. Season the chicken with salt and pepper and brown lightly on both sides. You'll probably have to do this in two batches so the chicken browns, not steams. Remove the chicken from the pot and add the last tablespoon of olive oil to the pot. Add the shallots, carrots and celery and cook for 5 minutes.

Return the chicken to the pot and add the rest of the vegetables except for the zucchini. Add the thyme, salt, the white wine and enough chicken stock to just cover everything. Bring to a boil, then reduce the heat to low and simmer, covered, for 30 minutes. Add the zucchini and cook until the chicken and vegetables are cooked through, about 15-20 minutes longer.

Add the *beurre manié* and cook for 2 or 3 minutes, until the raw flour taste cooks out and the stew thickens to your liking. Taste for seasoning, sprinkle with the parsley and serve over mashed potatoes. *Serves 4-6.*

<http://www.abigailblake.com/sugarapple>

from the article *Autumn Chicken and Vegetable Stew* posted on November 18, 2009