



Aromatic Braised Chicken with Fried Onions

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 1 teaspoon ground pepper
- ☐ 2.5 pounds strips. with bone, skin discarded
- ☐ 1 stick cinnamon (1-inch)
- ☐ 2 sprigs curry leaves fresh
- ☐ 3 teaspoons flour all-purpose divided
- ☐ 5 garlic clove chopped
- ☐ 1 tablespoon ginger minced peeled

- ☐ 1 medium onion thinly sliced
- ☐ 4 medium shallots quartered
- ☐ 2 cups vegetable oil
- ☐ 0.5 cup water
- ☐ 1 teaspoon vinegar white

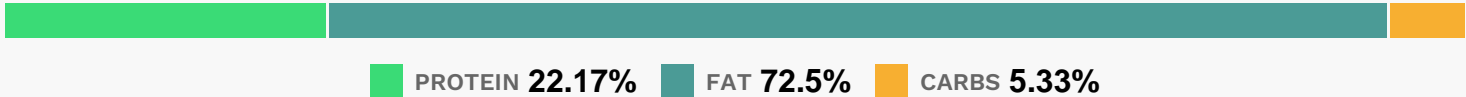
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Toss all ingredients except water, oil, onion, and flour with 1 teaspoon salt in a wide heavy medium pot. Marinate chicken, covered and chilled, 1 hour.
- ☐ Add water and bring to a boil, then simmer, covered, until chicken is tender, 40 minutes to 1 hour.
- ☐ Meanwhile, heat 1 1/2 inches oil in a small heavy saucepan over medium heat until hot but not smoking.
- ☐ Toss onion with 1 teaspoon flour, then fry in 2 batches, stirring frequently (do not let burn), until golden brown, 2 to 3 minutes per batch.
- ☐ Transfer with a slotted spoon to paper towels. Reserve 3 tablespoons oil.
- ☐ Remove chicken from cooking liquid, reserving liquid, and gently pat dry. 3
- ☐ Heat reserved oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown chicken all over, about 6 minutes total.
- ☐ Transfer to a platter.
- ☐ Add remaining 2 teaspoons flour to fat in skillet and cook, stirring, 1 minute.
- ☐ Add chicken-cooking liquid (with aromatics and spices) and simmer, stirring, until slightly thickened, about 2 minutes. Season with salt and pour over chicken. Top with fried onions.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:28.271304094273%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 860.22kcal (43.01%), Fat: 69.1g (106.31%), Saturated Fat: 16.07g (100.42%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.31g (3.38%), Sugar: 3.28g (3.64%), Cholesterol: 277.83mg (92.61%), Sodium: 225.08mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.55g (95.09%), Vitamin B3: 24.93mg (124.67%), Selenium: 54.6µg (77.99%), Vitamin B6: 1.16mg (57.8%), Phosphorus: 481.64mg (48.16%), Vitamin K: 47.55µg (45.28%), Folate: 143.41µg (35.85%), Vitamin C: 25.71mg (31.16%), Vitamin B5: 3.03mg (30.26%), Vitamin B12: 1.81µg (30.24%), Zinc: 3.79mg (25.24%), Vitamin B2: 0.41mg (23.84%), Manganese: 0.43mg (21.51%), Potassium: 746.24mg (21.32%), Vitamin B1: 0.26mg (17.31%), Vitamin E: 2.57mg (17.17%), Magnesium: 66.17mg (16.54%), Iron: 2.55mg (14.16%), Copper: 0.21mg (10.42%), Vitamin A: 472.95IU (9.46%), Fiber: 2.12g (8.5%), Calcium: 61.39mg (6.14%), Vitamin D: 0.28µg (1.89%)