



Catalan Chicken Stew

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices batard for serving (1/) (reserve the rest of the loaf)
- 2 bay leaves
- 4 large bay leaves
- 1 tablespoon peppercorns whole black
- 0.3 cup blanched almonds and unsalted dry
- 4 skin-on chicken breasts dark whole bone-in white (for all meat) (for a mix of and meat)
- 4 servings bread for serving
- 32 ounce canned tomatoes whole peeled canned

- 2 medium carrots chopped
- 4 carrots coarsely chopped
- 2 stalks celery with leafy tops, peeled and chopped
- 4 stalks celery coarsely chopped
- 4 cups chicken stock see
- 2 tablespoons evoo
- 3 tablespoons evoo
- 0.3 cup flat-leaf parsley leaves fresh
- 2 tablespoons thyme leaves fresh chopped
- 1 fresno red finely chopped
- 2 cloves garlic grated finely chopped
- 8 cloves garlic smashed
- 4 servings kosher salt
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 2 lemons sliced
- 1 cup olives green spanish coarsely chopped
- 2 medium onions chopped
- 2 onions quartered
- 2 tablespoons paprika
- 4 servings herb bundle of parsley fresh with kitchen string
- 1 bell pepper red chopped
- 1 pinch saffron threads

Equipment

- bowl
- frying pan
- ladle
- pot

dutch oven

Directions

- For the picada: Toast the nuts in a small skillet, then remove to a plate.
- Heat the EVOO in a Dutch oven over medium-high heat.
- Add the thyme, paprika, celery, bay leaves, carrots, onions, bell peppers, chile peppers and saffron and season with salt and pepper. Cook until the vegetables are soft, 7 to 8 minutes.
- Add the tomatoes and mash.
- Add the stock and simmer for 30 minutes. Stir in the chicken. Stir in the picada and olives, then remove from the heat and let stand for 5 minutes. Ladle the stew into shallow bowls and serve with warm bread for mopping. Cook's Note: The stew and the picada can be refrigerated in separate containers in the refrigerator for a make-ahead meal. Reheat the stew over medium heat, adding the picada and olives.
- Put the chicken in a very large stockpot or divide between 2 pots if necessary.
- Add the peppercorns, garlic, bay leaves, carrots, celery, lemons, onions and herb bundle and sprinkle with salt.
- Add enough water to cover the chicken. Bring to a boil, then reduce the heat to low and cook at a rolling simmer for 1 1/2 hours.
- Remove the chicken from the liquid and let cool. Strain the stock. (You should have 5 to 6 quarts stock.)
- Remove the skin and bones from the chicken, and shred the meat using your hands or 2 forks.

Nutrition Facts

 **PROTEIN 23.2%**  **FAT 45.36%**  **CARBS 31.44%**

Properties

Glycemic Index:182.65, Glycemic Load:20.87, Inflammation Score:-10, Nutrition Score:57.088260339654%

Flavonoids

Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 21.24mg, Apigenin: 21.24mg, Apigenin: 21.24mg, Apigenin: 21.24mg Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg

5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg
Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg Quercetin: 24.74mg, Quercetin:
24.74mg, Quercetin: 24.74mg, Quercetin: 24.74mg

Nutrients (% of daily need)

Calories: 957.06kcal (47.85%), Fat: 49.83g (76.65%), Saturated Fat: 9.61g (60.03%), Carbohydrates: 77.71g (25.9%),
Net Carbohydrates: 61.55g (22.38%), Sugar: 25.71g (28.57%), Cholesterol: 122.91mg (40.97%), Sodium: 2057.07mg
(89.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.34g (114.68%), Vitamin A: 19836.65IU (396.73%),
Vitamin K: 207.68µg (197.79%), Vitamin C: 141.37mg (171.36%), Vitamin B3: 28.29mg (141.46%), Vitamin B6: 2.11mg
(105.64%), Manganese: 1.76mg (87.77%), Selenium: 49.5µg (70.71%), Vitamin E: 10.4mg (69.36%), Phosphorus:
648.11mg (64.81%), Fiber: 16.16g (64.63%), Potassium: 2203.44mg (62.96%), Iron: 9.67mg (53.7%), Vitamin B2:
0.91mg (53.37%), Vitamin B1: 0.74mg (49.27%), Folate: 183.89µg (45.97%), Magnesium: 182.02mg (45.51%), Copper:
0.8mg (39.89%), Calcium: 343.54mg (34.35%), Vitamin B5: 3.02mg (30.19%), Zinc: 3.82mg (25.47%), Vitamin B12:
0.61µg (10.25%), Vitamin D: 0.72µg (4.82%)