

Classic Cookbooks: Chicken with Sliced Lemon and Fried Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 4 cloves garlic peeled coarsely chopped
- ☐ 1 piece ginger fresh peeled coarsely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon turmeric
- ☐ 1 optional: lemon whole
- ☐ 3 medium onion
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 2 tablespoons yogurt plain
- ☐ 1 teaspoon salt
- ☐ 3 pounds squirrels bone-in skinless (I used all thighs; it's easy to remove the skin yourself, if you can't find , parts)
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons tomato sauce
- ☐ 8 tablespoons vegetable oil (I used only 6)

Equipment

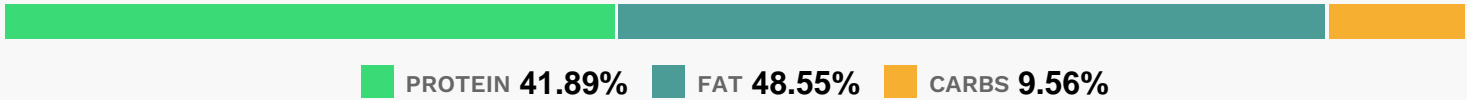
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ If the chicken pieces are skin-on, remove the skin. Rinse and pat dry.
- ☐ Peel the onions. Chop two of them coarsely and put them into the bowl of a food processor or blender.
- ☐ Cut the third one in half lengthwise, then slice it into thin half-rounds and set aside.
- ☐ Add 6 tablespoons of water, the ginger, and the garlic to the onions in the food processor or blender and blend at high speed until you have a smooth paste.
- ☐ Heat 6 tablespoons of the oil (I used
- ☐ in a 10-12 inch pot over medium-high flame. When hot, put in the sliced onions and fry them, stirring, until they are darkish brown and crisp, though not burned.

- ☐ Remove onions with a slotted spoon and leave them to drain on paper towels.
- ☐ In the same oil, brown the chicken pieces on all sides until they are golden. Do this speedily over high flame so the chicken browns but does not cook through. I did the thighs about 2 minutes per side. You will need to do it in at least 2 batches.
- ☐ Remove the chicken with slotted spoon to a bowl or plate.
- ☐ Add the remaining 2 tablespoons of oil to the pot.
- ☐ Pour in the paste from the blender (turn your face away!). Stirring, fry on medium-high heat for about 10 minutes or until the paste turns a nice golden brown. Now put in the coriander, cumin, and turmeric and fry, stirring continuously; after another 2 minutes add yogurt, a teaspoon at a time; after 2 or 3 minutes, the tomato sauce, a tablespoon at a time, continuing to stir and fry. Finally, add salt, cinnamon, cloves, cayenne pepper, and 1 1/2 cups of water. Bring to a boil. Cover, lower heat, and simmer gently for 10 minutes.
- ☐ Cut the lemon into 4 or 5 slices, discarding the end pieces, and remove the seeds.
- ☐ Add lemon slices along with the chicken pieces, fried onions, sugar, and the ground pepper to the sauce, stir, and bring to a boil. Cover, lower heat, and simmer gently for 20-25 minutes, or until the chicken is tender, turning the pieces every now and then. If chicken sticks to the bottom of pot, add a little more water. You should end up with a very thick sauce. (My sauce was thick but also copious and in no danger of sticking. I don't know if it was correct, but it tasted good.)

Nutrition Facts



Properties

Glycemic Index:77.65, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:32.54304357197%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 17.11mg, Quercetin: 17.11mg, Quercetin: 17.11mg, Quercetin: 17.11mg

Nutrients (% of daily need)

Calories: 720.72kcal (36.04%), Fat: 38.64g (59.44%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 13.85g (5.04%), Sugar: 8.26g (9.18%), Cholesterol: 239.44mg (79.81%), Sodium: 925.39mg (40.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.01g (150.02%), Vitamin B3: 28.41mg (142.07%), Vitamin B6: 1.65mg (82.52%), Selenium: 55.08µg (78.69%), Phosphorus: 644.29mg (64.43%), Vitamin K: 57.4µg (54.66%), Vitamin B5: 3.86mg (38.61%), Zinc: 5.63mg (37.54%), Vitamin C: 30.78mg (37.31%), Vitamin B2: 0.55mg (32.12%), Potassium: 1051.27mg (30.04%), Magnesium: 107.46mg (26.87%), Iron: 4.26mg (23.67%), Vitamin E: 3.28mg (21.89%), Vitamin B12: 1.3µg (21.6%), Vitamin B1: 0.32mg (21.14%), Manganese: 0.42mg (20.88%), Copper: 0.27mg (13.71%), Fiber: 3.25g (13.01%), Folate: 45.05µg (11.26%), Calcium: 103.51mg (10.35%), Vitamin A: 292.88IU (5.86%), Vitamin D: 0.35µg (2.33%)