



Eat for Eight Bucks: Poule au Riz



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole white frozen
- ☐ 2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole bone-in
- ☐ 0.8 pound chicken pieces for stock—necks, backs, wings, bones (optional, cost \$0.75 from my butcher
- ☐ 2 servings thyme dried
- ☐ 1 egg yolk
- ☐ 2 cloves garlic crushed unpeeled

- ☐ 2 servings citrus champagne vinegar dried
- ☐ 1 head curly leaf lettuce
- ☐ 2 servings kosher salt
- ☐ 1 bunch parsley
- ☐ 1 cup peas
- ☐ 2 servings sugar
- ☐ 0.5 cup rice white uncooked
- ☐ 0.5 teaspoon citrus champagne vinegar
- ☐ 1 medium onion yellow trimmed unpeeled quartered

Equipment

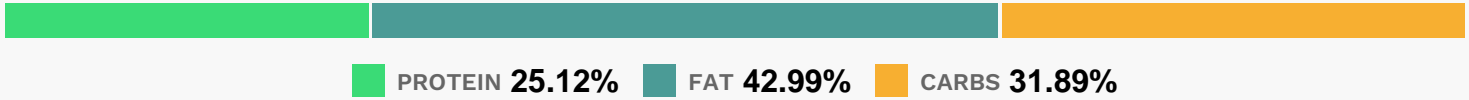
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ double boiler

Directions

- ☐ Put the chicken legs in a pot with the onion, garlic, and extra chicken parts.
- ☐ Add 2 sprigs parsley, 1/4 teaspoon dried thyme, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 6 cups water. Bring to a simmer and then adjust the heat so that the water barely bubbles. You want to cook the chicken exceedingly gently; in my pot, bubbles never break the surface but can be observed rising in very tiny streams within the liquid. Maintain this state for 1 hour.
- ☐ Remove the chicken legs to a plate. Raise the heat under the pot and let the stock boil vigorously for 20 to 30 minutes; taste after 20 minutes to see if it is chickeny enough. When the stock tastes delicious, turn off the heat.
- ☐ Cook the half cup of rice in 1 cup of the stock. At the same time, put the frozen peas in a saucepan with 1 lettuce leaf, 1/8 teaspoon dried thyme, 1/4 teaspoon sugar, and 1 sprig parsley; cover and turn the heat under the peas to low.
- ☐ Let the peas cook this way for 20 minutes (about the same time it takes to cook the rice and let it rest), stirring a couple of times.

- ☐ Remove lettuce leaf, taste peas, and add salt and pepper if you like.
- ☐ When the chicken legs are cool enough to handle, remove and discard the skin. Pull all the meat from the bones; you should get 7–8 ounces. You can slip the bits of meat into the pot of stock to keep warm and moist if you like.
- ☐ While the rice and peas cook, make the sauce. In the top of a double boiler (or a bowl set over a pot of simmering water), whisk together the egg yolk and white wine vinegar. Gradually add 2/3 cup chicken stock, whisking all the while. Continue stirring and cooking the sauce over the simmering water until it thickens up a bit. (I cooked and stirred for 15 minutes without much thickening and decided to serve the sauce in its smooth but loose state, since it already tasted good.) Taste and correct seasoning.
- ☐ Serve the chicken pieces atop the rice with a bowl of sauce, still hot, on the side.
- ☐ Garnish the chicken with minced parsley if you like; I was in too much of a rush. To be very French, serve the peas as their own course, after the chicken, instead of making them share a plate. Toss the remaining lettuce and coarsely chopped parsley leaves with a simple vinaigrette for your salad.

Nutrition Facts



Properties

Glycemic Index:148.3, Glycemic Load:35.13, Inflammation Score:-10, Nutrition Score:49.570869570193%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 61.65mg, Apigenin: 61.65mg, Apigenin: 61.65mg, Apigenin: 61.65mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg

Nutrients (% of daily need)

Calories: 929.46kcal (46.47%), Fat: 44.2g (67.99%), Saturated Fat: 12.43g (77.72%), Carbohydrates: 73.76g (24.59%), Net Carbohydrates: 64.35g (23.4%), Sugar: 20.22g (22.47%), Cholesterol: 318.73mg (106.24%), Sodium: 477.01mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.09g (116.18%), Vitamin K: 734.94µg (699.94%), Vitamin A: 16749.42IU (334.99%), Vitamin C: 91.14mg (110.48%), Vitamin B3: 18.17mg (90.83%), Selenium: 58µg (82.86%), Manganese: 1.56mg (78.13%), Vitamin B6: 1.39mg (69.61%), Phosphorus: 653.18mg (65.32%), Folate: 201.72µg (50.43%), Iron: 8.49mg (47.14%), Vitamin B2: 0.71mg (41.5%), Zinc: 6.08mg (40.53%),

Vitamin B1: 0.6mg (40.22%), Potassium: 1364.31mg (38.98%), Fiber: 9.41g (37.63%), Vitamin B5: 3.75mg (37.49%), Magnesium: 133.13mg (33.28%), Copper: 0.51mg (25.33%), Vitamin B12: 1.35µg (22.43%), Calcium: 210.62mg (21.06%), Vitamin E: 1.74mg (11.61%), Vitamin D: 0.86µg (5.75%)