



My Mother's Praised Chicken

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



8

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 to 3 carrots peeled cut into sticks
- 1 to 2 celery stalks sliced
- 1 large meat from a rotisserie chicken organic
- 0.5 cup white wine dry white
- 8 servings optional: dill fresh chopped for serving
- 2 teaspoons garlic infused olive oil flavored
- 1 teaspoon herbs mixed dried (herb sachet or bag)
- 2 teaspoons kosher salt

- 2 to 3 leeks cleaned trimmed cut into approximately 2-inch logs
- 8 servings mustard english for serving
- 1 leaves parsley from stalks chopped for serving
- 2 teaspoons grinding pepper red good
- 2 quarts approximately water cold
- 1 stalks banded together fresh

Equipment

- bowl
- pot
- kitchen scissors

Directions

- Cooked this way it seems to go much further than roasted chicken, so you can feed more the first time, or have plenty for the rest of the week.;
- On a washable board, un-truss the chicken, put it breast-side down, and press down until you hear the breastbone crack. (As you may imagine, I like this.) Then press down again, so that the chicken is flattened slightly. Now cut off the ankle joint below the drumstick (but keep them); I find kitchen scissors up to the task.
- Put the oil in a large, flame-safe cooking pot (with a lid) in which the chicken can fit snugly: mine is about 11 inches wide by 4 inches deep.
- Heat the oil over medium heat and add the chicken, breast side down. Brown the chicken for a few minutes, then raise the heat and turn the chicken over, tossing in the ankle joints as you do so.
- Add the wine or vermouth and let it bubble down a little before adding the leeks, carrots, and celery.
- Pour in enough cold water to cover the chicken, though the very top of it may poke out.
- Add the bouquet garni or your herbs of choice, and the parsley stalks or sprigs along with the salt and red peppercorns or a good grinding of regular pepper.
- The chicken should be almost completely submerged by now and if not, do add some more cold water. You want it just about covered.

- Bring to a bubble, clamp on the lid, turn the heat to very low, and let cook for 1 1/2 hours, or 1 hour 40 minutes.
- Remove the pot from the heat and let stand, covered, for 20 to 30 minutes.
- Sprinkle the chicken with parsley leaves.
- Serve the chicken and accompanying vegetables with brown basmati rice, adding a ladleful or 2 of liquid over each shallow bowl, as you go, and putting fresh dill and mustard on the table for the eaters to add as they wish.
- Freeze Note: The cooked meat can be frozen, as soon as it is cool, in resealable bags or airtight containers for up to 2 months.

Nutrition Facts

PROTEIN 31.13% **FAT 59.54%** **CARBS 9.33%**

Properties

Glycemic Index:38.35, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:12.050000014512%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 249.11kcal (12.46%), Fat: 15.58g (23.98%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.88g (2.09%), Cholesterol: 71.42mg (23.81%), Sodium: 761.3mg (33.1%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 18.33g (36.67%), Vitamin A: 3088.28IU (61.77%), Vitamin B3: 6.74mg (33.72%), Vitamin B6: 0.42mg (20.8%), Selenium: 13.99µg (19.99%), Vitamin K: 19.83µg (18.89%), Phosphorus: 156.95mg (15.69%), Manganese: 0.23mg (11.62%), Vitamin B5: 0.96mg (9.56%), Zinc: 1.36mg (9.1%), Iron: 1.49mg (8.3%), Potassium: 289.81mg (8.28%), Magnesium: 32.11mg (8.03%), Vitamin B2: 0.13mg (7.87%), Vitamin C: 5.54mg (6.71%), Copper: 0.13mg (6.29%), Folate: 23.83µg (5.96%), Vitamin B1: 0.08mg (5.48%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.3µg (4.92%), Calcium: 40.51mg (4.05%), Fiber: 0.97g (3.89%), Vitamin D: 0.19µg (1.27%)