



ONE POT CHICKEN DINNER

SUBMITTED BY: MARGUERITE JODRY

Ingredients:

- 1 Whole Chicken (preferably from Blind Dog Ranch)
- 1 Cup White Wine
- 2#s New Potatoes
- 1 Large Sweet Onion
- 1 Bunch Kale
- 1 Bunch Parsley, finely minced
- 4 Cloves Garlic, finely minced
- 3 Tbs Minced Whole Lemon or Preserved Lemon (pith, rind, peel and all)
- 3 Tbs Olive Oil

Instructions:

1. Prepare parsley sauce by stirring together olive oil, lemon, garlic, and parsley in a small bowl. Add salt and pepper to taste and set aside. Cut potatoes into 1" cubes. Dice onions to a similar size. Rinse and tear kale into bite sized pieces.

2. Prepare chicken. Start by breaking the breast bone - this will allow the chicken to lie flatter and cook more evenly. Lay the chicken breast side down on a large cutting

board. Using the palm of your hands, press down firmly upon the chicken until you hear the breast bone crack. Now the hard part - parting the skin from the chicken without tearing it off! Starting on the back side near the base of the bird, carefully separate the skin from the body of the chicken. Separate as much as possible, on both sides of the bird, without tearing the skin. Now take your parsley sauce, and carefully rub it underneath the skin of the chicken.

3. Place onions in the bottom of a large crock pot then place your chicken on top, breast side down. Add the one cup of white wine. Set your crockpot to medium heat - you want the bird to take 3-4 hours to cook total (exact cooking times will vary based on the size of your chicken).

4. When the chicken has approximately 1 hour left to cook, add your potatoes. You may need to lift the chicken up to get the potatoes underneath, but make sure that they are well covered by the juices. If not, add a little more water/white wine/chicken stock to cover them completely.

5. In the last 15 minutes of cooking, add your kale. Once the kale is wilted, remove the chicken and vegetables from the crock pot. Place the chicken on a cutting board, and the vegetables on a serving platter. Meanwhile cook down the juices - you can add a little corn starch, or make a roux if you wish to thicken them into a sauce. Once the chicken has cooled slightly, carve into your desired number of pieces and place these on top of the vegetables.

6. Drizzle some of the sauce over the chicken and vegetables and pour the rest into a gravy boat or other serving bowl. You can serve the chicken and vegetables as a complete dinner, or add a side salad for something fresh!

Note: it takes a little bit of practice to know when to add the potatoes and kale. You want to make sure they get fully cooked, but if you add them too soon they'll be overcooked and soggy! Don't worry, though, even if that happens they still taste delicious.