

Movita's Chicken Sauterne

recipe: adapted from Rosie Beaucoup's Chicken Sauterne

- chicken parts – as many as you like – I usually use skinless chicken breasts (2 or 3) or thighs
- 2-3 stalks of celery
- 2 large onions
- 2 garlic cloves
- 2 large carrots
- 2 or 3 tomatoes
- additional veggies of your choice
- white wine – I use at least a cup, you could flavour to taste
- 2 boxes chicken stock/broth
- 1/2 tsp pepper
- small quantity of red pepper flakes
- 1/2 tsp thyme
- 1/2 tsp chili powder
- other veggie options include (fresh or frozen) red, green or yellow pepper, zucchini, cauliflower, corn, peas, broccoli, green or yellow beans

Sauté chicken parts in olive oil in Dutch oven. When almost brown, add diced vegetables (just the fresh ones) and lightly sauté. Add stock, seasonings and wine (if using). If you don't have enough fluid to cover your veggies and chicken, add water, more chicken stock or wine. Add frozen veggies if using. Cover and simmer for an hour or more. In the last 15 minutes of cooking time, add rice or pasta if using. If not adding pasta or rice, you could thicken at the very end with a bit of corn starch or flour first mixed smooth in a cup with some water. Rosie Beaucoup sometimes adds a touch of milk (canned, fat-free or skim) just to make the stock look a tiny bit creamy.

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