

Slow Roasted Braised Chicken in Stock and Wine

February 2014 by Camine

Prep time – 15 minutes

Cook time – 3 hours

INGREDIENTS:

THIS

1 4 pound organic chicken, gizzards removed, and cavity cleaned and whole bird patted dry.
1 lemon cut into wedges
1/3 white onion large dice
Sprigs of fresh thyme
Salt and Pepper
Olive Oil
1 C chicken stock
1 C red wine (I prefer a French Pinot Noir)



OR THIS

Use instead of the Thyme and Salt and Pepper use a Paprika based rub with cinnamon, coriander, dried basil, dried parsley, onion powder, dried garlic.

DIRECTIONS:

Stuff bird with onion, thyme and lemon. Rub fine olive oil on bird. Salt and Pepper entire bird. Place breast side up in heavy roasting pan with lid. Pour the stock and wine in the pot. Cover and cook for 3 hours on 300 degrees.

OR stuff bird with onion and lemon, and rub with Paprika based rub over olive oil covered bird. Cook with a sturdy cabernet and cook as above.

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