

JOHN PLESSETTE'S MEAL OF THE WEEK



CHICKEN MARENCO

4 LB CHICKEN CUT INTO 8 PIECES
FLOUR
4 MEDIUM CARROTS
1 LARGE BROWN ONION
8 CLOVES OF GARLIC
6 CANNED WHOLE PEELED TOMATOES
1 ORANGE
3 CUPS OF VEAL OR BROWN CHICKEN STOCK
3 SPRIGS OF FRESH THYME
1 BAY LEAF
ITALIAN PARSLEY

DRY THE CHICKEN IN PAPER TOWELS. SALT AND PEPPER.

HEAT A LARGE STEEP-SIDED FRYING PAN ON A HIGH FLAME FOR ABOUT A MINUTE. ADD A GENEROUS SPLASH OF OLIVE OIL.

PUT 1/2 CUP OF FLOUR IN A PAPER BAG. ADD A COUPLE OF PIECES OF CHICKEN AT A TIME. SHAKE. SHAKE OFF EXCESS FLOUR FROM CHICKEN.

BROWN CHICKEN SKIN-SIDE FIRST, ADJUSTING THE FLAME SO IT DOES NOT BURN. ABOUT 4 MINUTES A SIDE.

WHILE THE CHICKEN BROWNS, PEEL AND DICE ONION, CARROTS AND 2 CLOVES OF GARLIC. PEEL THE REMAINING GARLIC BUT LEAVE WHOLE.

PEEL THE ZEST FROM HALF OF THE ORANGE. SLICE INTO THIN STRIPS.

REMOVE CHICKEN. POUR OFF THE FAT LEAVING ABOUT 3 TBSPS. ADD THE VEGETABLES, COVER AND REDUCE THE HEAT TO LOW. SWEAT FOR A FEW MINUTES, STIRRING OCCASIONALLY WITH A WOODEN SPOON.

ARRANGE THE CHICKEN OVER THE VEGETABLES. CRUSH THE TOMATOES WITH YOUR HANDS AND ADD TO THE PAN. SCATTER THE PEELED GARLIC OVER THE CHICKEN. STRIP THE LEAVES OFF THE THYME SPRIGS AND ADD ALONG WITH THE BAY LEAF. ADD ORANGE ZEST.

COOK OFF MOST OF THE LIQUID FROM THE TOMATOES. POUR IN STOCK AND COVER.

SIMMER ON A LOW FLAME FOR ABOUT 20 MINUTES OR UNTIL THE THICKEST PART OF THE THIGH RUNS CLEAR WHEN PIERCED WITH A FORK.

ROUGHLY CHOP THE PARSLEY AND SCATTER OVER THE CHICKEN.

SERVE WITH POLENTA, PASTA OR RICE PILAF.

SERVES 4