

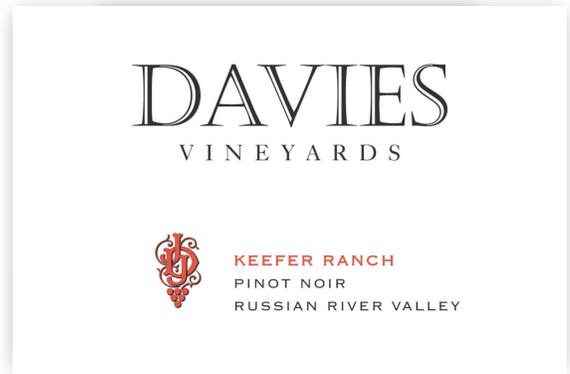
POULET AUX POMMES

Submitted by Monique Sarazin

PAIR WITH:
"KEEFER RANCH"
PINOT NOIR

INGREDIENTS

4 chicken thighs skin removed
4 chicken drumsticks skin removed
1 1/2 cup sparkling wine or white wine
1 teaspoon of bouillon concentrate
(Better than Bouillon brand)
3 tablespoons of avocado oil or olive oil
5 medium onion, peeled quartered & sliced
2 large cooking apples
(golden delicious for example) peeled and
quartered then sliced in medium slices.
4 shallots peeled quartered or left whole
if small
¼ cup of raisins or dried apricots
3 garlic cloves, minced
1 teaspoons of curry powder
Salt and pepper to taste



PREPERATION

- Place the raisins and/or dried apricots into a glass and cover with sparkling wine or white wine.
- Cover with plastic film and leave in the fridge overnight. The raisins will plump up; the apricot will rehydrate without plumping up as much as the raisins.
- Pour 3 tablespoons of avocado/olive oil into a large skillet or sauté pan.
- Add the onions and sauté over medium-high heat until translucent, about 10 minutes.
- Add to a large cast iron pot.
- Add the apples, shallots, garlic, raisins/apricots and the wine in which they soaked overnight to the cast iron pot.
- Add a cup of sparkling wine or white wine, the curry powder, bouillon concentrate and start cooking with the lid on, on medium heat.
- Brown the chicken in the skillet about 3 minutes per side on medium to high heat.
- Add the chicken to the cast iron pot.
- Turn the heat to medium/low and reduce to a simmer after a few minutes.
- Add a glass of warm water to cover the ingredients if necessary.
- Add salt and pepper to taste.
- Cook until the chicken almost starts falling off the bone. 1 hour+.
- Serve with white or brown rice,