

Lemongrass Braised Chicken

I planted lemongrass in my herb garden this year. It grew strong and tall. This aromatic herb is pungent in flavor and should be used in small amounts. When buying lemongrass select fresh stalks that don't look dry and brittle. If you don't find it at your local grocery store, lemongrass is sold at most ethnic Asian and Mexican Markets. The lemongrass adds a strong flavor to this braised chicken that's crispy on the outside and tender inside.

Ingredients

1 whole 3-pound chicken, cut into pieces with skin and bones
1 teaspoon turmeric
1 teaspoon paprika
Juice of 1 lemon
2 tablespoon lemongrass, finely minced (tougher ends removed)
½ cup + 4 tablespoons extra virgin olive oil
1 shallot, finely minced (about 1 tablespoon)
2 large tomatoes, sliced in wedges
½ cup homemade or low sodium chicken broth
½ cup dry white wine
sea salt and freshly ground pepper
Yellow Basmati Rice—*see recipe*

Preparation

Mix ½ cup olive oil, lemon juice, lemongrass, paprika, and turmeric in a large mixing bowl. Generously sprinkle chicken on all sides with sea salt and freshly ground pepper. Add chicken to marinade and mix thoroughly. Marinate for 30 minutes or up to one day. Bring to room temperature when ready to cook. Discard marinade.

Heat 4 tablespoons olive oil in a large cast iron or other large pot on medium-high heat until hot, but not smoking. Working in batches, cook chicken until golden brown, skin side down first, about 3-4 minutes per side. Add all chicken pieces to the pot and reduce heat to medium-low. Add chicken broth and wine. Sprinkle minced shallot evenly over chicken, add tomatoes to the pot and cover. Gently turn chicken over once while simmering to combine flavors. Simmer until chicken is cooked through and liquid is slightly reduced, about 15-20 minutes. Arrange chicken on a platter and lightly spoon reduced juices over. Serve with yellow basmati rice.

Serves 4-6