



## Chicken and Kale Pot-au-Feu

**Serves 4**

Eating slow cooked comfort food in winter just seems to make sense and with this in mind we have created a chicken and kale version of the classic French Pot-au-Feu recipe that we hope you enjoy!

### TASTE OF WINTER FACT

The French term Pot-au-Feu translates to 'pot on the fire' and refers to the traditional round pot that this style of dish was cooked in over an open fire. At some point in time the name became used for the actual dish as opposed to the pot it was cooked in.

Pot-au-Feu is one of France's most celebrated dishes and eaten in almost every home.

It is traditionally made with beef and is often served in two courses, the broth first with a pinch of nutmeg, followed by the meat and vegetables accompanied with coarse salt, Dijon mustard, horseradish sauce and gherkins pickled in vinegar.

This recipe combines skinless chicken thigh fillets with the superfood kale to create an exceptionally healthy version of the dish, which we think is perfect for winter.

### INGREDIENTS

- 40ml Olive Oil
- 8 Chicken Thigh Cutlets (bone-in and skinless)
- 2 Leeks - use the white stem only.
- 4 sprigs Thyme - finely chop leaves (only), rinse, drain.
- 2 sprigs Rosemary - finely chop leaves (only), rinse, drain.
- 50gm Middle Bacon Rashers (rindless)
- 1 large Carrot - top, tail and peel.
- ½ Celery Stem - use stem only, rinse and drain.
- 6 medium sized Kipfler Potatoes - rinse, drain.
- 20ml Olive Oil
- 1 Garlic Clove - peel and finely chop.
- 1 Bay Leaf - if fresh, rinse and drain.
- 1lt Chicken Stock
- 100ml White Wine
- 100ml Water
- 4 Kale leaves - rinse, drain.
- 20 Flat Leaf Parsley Leaves - rinse, drain.
- To Taste - Sea Salt and Ground Black Pepper

### METHOD

1. Heat 40ml of olive oil in a sauté pan over a moderate heat. Add the chicken thigh cutlets and sauté until they are browned on all sides. Remove them from the heat and set to one side.
2. Remove the root from the leek. Cut into quarters lengthways and finely slice width ways. Rinse, drain well and set to one side.
3. Cut the bacon, carrot and the celery into 1cm dice and set to one side.
4. Cut each kipfler potato into 3 equal pieces width ways and set to one side.
5. Heat a suitably sized saucepan or a casserole pot over a moderate heat, add the second quantity of olive oil, then add the leek and sauté until it has softened (do not allow it to colour). Add the garlic, bay leaf, thyme and rosemary and continue to sauté for a further minute.
6. Add the bacon, carrot and celery and continue to sauté until the bacon and vegetables have lightly browned.
7. Add the chicken stock, white wine and water. Mix to thoroughly combine and bring to the boil. Add the chicken and potatoes, and bring the stock back up to the boil.



8. Reduce the heat and cover the saucepan with a tight fitting lid. Gently simmer for 20 minutes or until the chicken is cooked through and the potatoes are tender.
9. Whilst the chicken and potatoes are cooking, remove the stems from the kale and discard. Roughly tear the kale leaves into bite size pieces.
10. Roughly chop the parsley.
11. Add the kale leaves to the saucepan, gently combine with the other ingredients and simmer for a further 2 minutes. Season to taste and gently stir through the parsley and remove the pan or pot from the heat.

## **TO SERVE**

Place the pan or pot in the centre of the table, accompanied with warm crusty bread and allow guests to help themselves.

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