

Eat Local Chicken Stew

Colin Sober-Williams, Eat Local Muskoka
(Recipe by Dave and Denise Connell)



Ingredients:

(Note: the original recipe shared with Eat Local Muskoka food box subscribers calls for local chicken from the Gnarled Stump and local vegetables from the Eat Local Muskoka winter food box.)

2 cups chicken stock
3 cups raw chicken cut in one-inch cubes
1 medium to large onion, sliced
4 potatoes, cut in one-inch cubes
3 large carrots, chopped
1 cup kohlrabi, diced
1 large white radish, chopped
2 cups frozen peas and corn
1 sprig each of: thyme, parsley, rosemary and basil
Whole wheat flour, salt, pepper, paprika to coat chicken
2 tbsp vegetable oil

Instructions:

Place chicken broth in large stewing pot over medium heat. Add potatoes, carrots, kohlrabi, radish, and herbs to pot.

Coat chicken in mixture of whole wheat flour, salt, pepper and paprika. Brown coated chicken in 2 tbsp oil in a separate pan. Add chicken to pot.

Saute sliced onion in oil and then add to pot.

Bring mixture in pot to a boil then simmer for one hour, adding peas and corn after ½ hour.

Serve with salad made from greens, kale, carrots, green onions, radishes, and tomatoes.