

Chicken Bouillabaisse

NYT Martha Rose Shulman

Serves 4-5

Tastes best made 1 day ahead!



- 800 g drumsticks, thighs, breasts, skinned
(Use any combination of chicken pieces, boned is fine but cooking times will be shorter)
- 60 ml Pernod or Pastis (anise flavored aperitif)* **or use dry white wine**
- Salt
- Freshly ground pepper to taste
- 1 pinch saffron threads (expensive but crucial for this dish)
- 1 T extra virgin olive oil
- 1 medium onions, sliced
- 1 medium carrots, peeled and diced
- 1 stalk celery, diced
- 3 large garlic cloves, minced
- ½ (400 g) can chopped tomatoes, with liquid
- 1 tsp fresh thyme leaves, or ¼ tsp dried thyme
- ¼ tsp fennel seeds, crushed
- Bouquet garni (bay leaf, some sprigs of thyme and rosemary)
- 1 liter chicken stock
- 340 g waxy or new potatoes, scrubbed and sliced
- 225 g green beans, trimmed and cut in half
- Chopped fresh parsley, handful

**Pernod has a strong licorice flavor, with notes of fennel, coriander and mint. Can substitute any anise flavored liqueur. Can also just increase the amount of fennel seeds if pernod is not available.*

1. Cut chicken breasts in half for smaller pieces. Season the **chicken** with **salt** and pepper, and toss in a very large bowl with **half of the saffron** and the **Pernod**. Transfer the chicken pieces to a large ziplock bag, pour in the liquid from the bowl and seal the bag. Place the bag in a bowl, and refrigerate overnight. If possible, move the chicken around in the bag from time to time.
2. Remove the chicken from the marinade, and pat dry with paper towels.
3. Heat a large, heavy skillet over **medium-high heat**, and add ½ **tsp the oil**. When the oil is hot, working in batches, brown the chicken on all sides, **about five minutes per batch**. Remove to a baking sheet or bowl.
4. Heat a large, heavy casserole or Dutch oven over **medium heat**, and add the remaining ½ **tsp olive oil**. Add the **onions** and cook, stirring often until they soften, **about five minutes**.
5. Add the **carrots** and **celery** and a generous pinch of **salt**, and cook, stirring, until tender and fragrant, **five to eight minutes**.
6. Stir in the **garlic**, cook for **another minute** until fragrant, and then add the **tomatoes**, **thyme** and **salt** to taste. Cook, stirring, until the tomatoes have cooked down and smell fragrant, **about 10 minutes**.
7. Add the **dark meat pieces** to the pot, along with any juice that has accumulated in the bowl or sheet pan.
8. Add the **crushed fennel seeds**, the **stock**, **bouquet garni** and **potatoes**, and bring to a simmer. Season to taste.
9. Add the remaining **saffron**, cover and **simmer 20 minutes**.

10. Add the **breast meat pieces**, and **simmer another 30 minutes**. Check to see that the potatoes are tender. If they are not, simmer for another 10 minutes. Taste and adjust seasonings.
11. If serving the next day (recommended), use tongs to transfer the chicken pieces to a bowl, and cover tightly. Remove the bouquet garni and discard. Refrigerate the chicken and the broth with the vegetables overnight, and skim off the fat from the surface of the broth the next day. Return the chicken to the pot to reheat.
12. While the chicken is simmering, or while reheating, blanch the beans for five minutes in a medium pot of boiling salted water. Transfer to the chicken stew. Taste and adjust seasonings. Stir in the parsley and serve in wide soup bowls.

TIP

This benefits from being made at least one day ahead and will keep for three or four days. It is best to cook the beans shortly before reheating.