

This project was supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian
Recipe Courtesy of Steve Cortez, Executive Chef

R C P L REDWOOD CITY PUBLIC
Library

la cocina
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Chicken Irish Stew

Ingredients

For the Chicken

- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried thyme
- 1/8 teaspoon mace (or ground nutmeg)
- 2 1/2 pounds boneless skinless chicken thighs, trimmed of excess fat
- 1/3 cup all-purpose flour
- 4 teaspoons olive oil, divided

For the Stew

- 1/2 cup all-purpose flour
- 1 lbs. carrots, cut into large pieces (1-2 inches)
- 4 sticks celery, chopped

Directions

In a small bowl or measuring cup, combine the salt, black pepper, thyme, and mace. Sprinkle the seasoning mixture evenly over the chicken thighs on both sides. In a plate or shallow container, dredge seasoned chicken pieces in the flour.

- 1/2 lbs. small cremini mushrooms, halved
- 2 cups sliced onion (about 1 large onion)
- 5 cloves garlic, sliced thinly
- 2 cups of diced, firm squash, peeled and chopped
- 2 lbs. white potatoes
- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried sage
- 1/2 – 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/3 cups low-sodium chicken broth
- 2 cups frozen baby peas, thawed
- 1/4 cup chopped fresh parsley



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Heat two teaspoons olive oil in a large skillet over medium-high heat. Add half of the chicken pieces and cook until well-browned (3-4 minutes per side). Transfer the browned pieces to a 5-6 quart slow cooker. Brown the remaining chicken pieces in the remaining 2 teaspoons olive oil. Arrange the chicken in an even layer in the slow cooker.

Add the oil with 1/2 cup all-purpose flour and cook, stirring constantly, for 5-10 minutes until flour darkens to the color of milk chocolate.

Slowly and carefully stir in the chicken broth; heat and continue stirring just until mixture is uniform and without lumps. Pour the mixture over the chicken pieces in the slow cooker.

Pour and spread into an even layer in the slow cooker the carrots, mushrooms, sliced onion, garlic, thyme, sage, salt, and black pepper; pour chicken broth atop the entire mixture. Cover and cook on Low for 7-8 hours or on High for 4 hours, until chicken pieces are fall-apart tender.

Stir in the thawed peas, cover and continue cooking until peas are heated through and tender (5-10 additional minutes). Season with additional salt and pepper and garnish with chopped parsley, if desired.



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