

Braised Chicken with Artichokes, Leeks and Chives

By Kathy Gunst

This is a great dish for spring. The chicken is browned and then braised in chicken broth with artichokes, chives and leeks. The whole dish—though it sounds so sophisticated and complex—can be made in under an hour. That's right—less than one hour. Serve with rice, couscous, polenta, or crusty bread.

Ingredients:

9 baby artichokes

1 lemon, cut in half

1 1/2 tablespoons olive oil

1 3/4 pounds boneless chicken thighs, about 6 pieces

1 large leek, dark green part discarded and light green and white sections cut in half, rinsed, dried and cut into 1-inch pieces

Salt and freshly ground black pepper

2 1/2 cups chicken broth

1/2 cup chopped chives

Instructions:

Prepare the artichokes: Cut off the almost all the leaves with a sharp knife. With about 1/2-inch leaves still on, use a spoon and scoop out the middle fuzz. Peel the artichoke stem slightly and place in bowl of cold water. Squeeze half the lemon into the water. Repeat with the other artichokes.

Heat the oil over high heat in a large skillet. Brown the chicken on one side for 4 minutes. Season with salt and pepper. Flip the chicken over and brown 4 minutes on the other side. Remove from the skillet and set aside. Use a paper towel to remove any excess grease from the chicken.

Use a paper towel to remove all but 1 tablespoon grease from the skillet. Heat the remaining grease over low heat, add the leeks, salt and pepper and cook, stirring, for 4 minutes.

Drain the artichokes from the lemon water. Add to the leeks and cook, stirring, for 2 minutes. Add the browned chicken and raise the heat to high. Add the chicken stock, bring to a boil, and then reduce the heat to low. Simmer for 20 minutes, basting the chicken and the artichokes every 5 minutes or so. Add the juice from the remaining lemon half and the chives. Taste for salt and pepper.

The chicken and the artichokes should be very tender.

Serves: 4