

Chicken Legs Braised with Tomatoes, Onions & Garlic

4 servings

From Alice Waters' "The Art of Simple Food" (2007, Clarkson Potter). The recipe is reproduced as written in the book.

Season, the day before if possible:

4 chicken legs

with:

Salt and fresh-ground black pepper

Heat a heavy-bottomed pan over medium heat. Add:

2 tablespoons olive oil

Place the chicken legs into the pan skin side down and cook until crisp and brown, about 12 minutes. Turn and cook for another 4 minutes.

Remove the chicken and add:

2 onions, sliced thick (or diced large)

Cook until translucent, about 5 minutes. Add and cook for 2 minutes:

4 garlic cloves, sliced thin

1 bay leaf

1 small rosemary sprig

Add and cook for 5 minutes, scraping up any brown bits from the bottom of the pan:

4 tomatoes, diced coarse, or 1 small (12 ounce) can organic whole tomatoes, diced (including juice)

Arrange the chicken in the pan, skin side up, and pour in any



juices that have collected. Pour in:

1 cup chicken broth

The liquid should reach halfway up the chicken; add more if needed. Bring to a boil and then turn down to a simmer. Cover and cook at a bare simmer or in a 325° oven for 45 minutes. When done, pour the braising liquid into a small bowl and skim the fat. Discard the bay leaf and rosemary. Taste for salt and adjust as needed. Return to the pan and serve.

Per serving: 315 calories, 29 g protein, 15 g carbohydrate, 16 g fat (3 g saturated), 90 mg cholesterol, 132 mg sodium, 3 g fiber.