



Trust Carolyn Wine Club

Recipes for pairing with Trust Carolyn
Wine Club November 2014 Selections

www.tastelocalwines.com
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Chicken with Apricot & Carrots

Pair with 2013 Bodkin Muscat Canelli

Serves 4

Ingredients:

- Zest of 1 lemon
- 1 pound carrots cut into 1/3- by 2-inch pieces
- 30 whole dried apricots with sulfur, for a pretty color
- 1/4 cup plus 1 tablespoon all-purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cayenne pepper
- 1 teaspoon coarse salt
- 20 grinds black pepper
- 2 1/2 pounds bone-in, skinless chicken thighs
(about 8 thighs)
- 2 tablespoons vegetable oil
- 1 tablespoon unsalted butter
- 2 1/4 cups finely chopped white onions
(about 2 small)
- 1 1/2 tablespoons minced garlic
- 2 tablespoons tomato paste
- 1 cup apricot nectar
- 1/4 cup fresh-squeezed, strained lemon juice
- 1/2 cup low-sodium chicken stock
- 1/4 cup toasted pine nuts, for garnish
- 1/4 cup finely chopped fresh cilantro, parsley, or mint
leaves, for garnish

Directions:

Place the lemon peel on a piece of cheesecloth, form into a "purse," and secure with kitchen twine. Add it to the slow cooker, along with the carrots and apricots. Place the flour and all of the spices in a large bowl and mix well. Add the chicken and coat well, shaking off the excess and reserving any remaining flour.

Heat 1 tablespoon of oil and the butter in a 10-inch sauté pan over medium-high heat. When the butter is melted, brown the chicken in two batches, about 11 minutes total; add the remaining 1 tablespoon oil if the pan becomes dry. Transfer the chicken to the slow cooker.

Add the onions and garlic to the hot pan, and cook until the onions are softened, scraping the bottom of the pan with a wooden spoon, about 3 minutes. Stir in the tomato paste and reserved flour and whisk well until the flour disappears, about a minute. Add the nectar, lemon juice, and stock; bring to a boil. Boil for 2 minutes, then pour the sauce over the chicken in the slow cooker. Submerge the chicken.

Cover and cook on low until the chicken is cooked through and the carrots are tender, 5 to 6 hours. Serve, garnishing each portion with nuts and herbs.

