

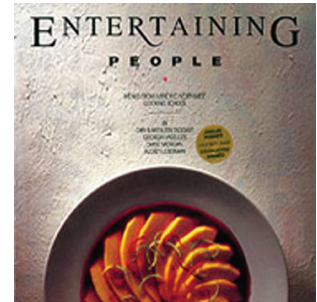
Chicken and Artichoke Fricassee

Ingredients:

6 to 8 fresh “baby” artichokes, or 1 can artichoke hearts
1 lemon
6 to 8 small whole potatoes, or 3 to 4 quartered large potatoes, peeled (optional)
1 stick (4 ounces) unsalted butter
1 cut-up frying chicken or 6 to 8 chicken pieces
Salt and pepper, to taste
1 small bunch green onions, chopped
1 cup dry white wine
1 tablespoon chopped fresh dill, or 1 teaspoon dried
1 cup plain yogurt
1 tablespoon flour



Recipe picture



From: Entertaining People
Menus from a Pacific Northwest
Cooking School
By Diane Morgan

Preheat oven to 350°. Prepare the fresh artichokes by bending back the lower, outer petals until they snap off. With a serrated knife cut off the artichoke tops about 1/3 of the way down. Cut off the stems. Trim the base and rub all surfaces with a cut lemon half. Cook about 10 minutes or until they are tender when pierced with a fork in the base. Drain. Canned artichokes need only rinsing; no cooking is required.

Arrange the artichokes and potatoes, if you use them, in a buttered 2- 1/2 quart casserole.

Brown the chicken pieces in the butter in a large skillet until they are well-browned on both sides, about 15 minutes. Season with salt and pepper to taste. Arrange the chicken pieces over the vegetables in the casserole.

Cook the green onions in the pan drippings until they are soft. Add the wine and cook until it has reduced by half. Pour the pan juices over the chicken pieces in the casserole and sprinkle the dill over the top.

Cover the casserole and bake in a preheated oven for about 45 minutes, or until the chicken pieces register 180° on an instant read thermometer. Remove the chicken and vegetables to a warmed platter.

Combine the yogurt and flour, then add to the drippings in the casserole and cook over low heat, stirring constantly. Do not allow the sauce to boil. Pour the sauce over the chicken and vegetables on the platter, or return them to the casserole and top with the sauce. Serve immediately.

NOTE: If you use small chicken pieces such as separated legs or thighs, or boneless breast pieces, they will cook more quickly than larger cuts. In this case, you may need to bake the casserole for only about 25 minutes, and the potatoes will need to be precooked until they are not quite tender, before placing them in the casserole.