

## POULE AU POT

<p><b>Chicken Broth</b></p> <p>1 whole 4 ½ pound stewing hen          1 large carrot          1 onion          2 cloves          2 tbsp. sea salt or table salt          10 black pepper corns          1 tsp. dried tarragon or 2 stems fresh tarragon</p>	<p>Rinse chicken, remove excess fat          Place chicken in large stewing pot          Cover with cold water          Set over high heat          While chicken is coming to a boil              Peel onion, stud with the two cloves and add to pot              Peel carrot, slice in half lengthwise and add to pot              Add salt, peppercorns, and tarragon          When pot comes to a boil, reduce heat to medium low          Skim off foam that rises to top          Allow to simmer until meat is tender, about 2 ½ hours          Add more water to cover chicken as needed.          When the chicken is tender, remove from pot and set aside          Strain the broth through a colander into a large clean pot          Discard the contents of colander</p>
<p><b>Vegetables</b></p> <p>6 medium carrots          3 turnips          4 leeks          ½ cabbage          12 small boiling potatoes</p>	<p>While chicken is cooking</p> <p>Peel carrots and turnips          Wash, trim, and slice leeks          Cut half-cabbage in half, remove core and separate leaves          Wash and peel potatoes (or leave on skins)</p>
	<p>Place strained broth over medium-high heat          Add the carrots, turnips and leeks.          Bring to a boil, then reduce to a simmer          Cook until vegetables are tender, about 20 minutes          Add more salt if necessary          Separately, blanch the cabbage leaves in pot of salted boiling water for about 5 minutes          Boil potatoes in another pot until tender, about 20 minutes</p>
<p><b>Assemble</b></p> <p>Serve broth as first course          Serve chicken as main course</p>	<p>Ready to serve</p> <p>Ladle broth into clean pot: one cup per serving          Return chicken to broth pot          Add the cooked cabbage leaves and potatoes          Heat through gently          Place chicken on large platter and surround with vegetables</p>



**THE LAST BOTTLE**  
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