

Poule Au Pot

Chicken Broth	
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	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
Vegetables	While chicken is cooking
6 medium carrots 3 turnips 4 leeks ½ cabbage 12 small boiling potatoes	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)
	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
Assemble	Ready to serve
Serve broth as first course Serve chicken as main course	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



LAST BOTTLE OF BURGUNDY

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