



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Chicken Pot-Au-Feu –

3 Cornish hens (about 1 1/4 pound each), thawed if frozen or a 4 ½ - 5 pound whole fryer

Coarse salt and freshly ground pepper

15 sprigs fresh thyme

20 ounces frozen pearl onions

3 quarts homemade or low-sodium store-bought chicken stock

2 cups dry white wine

1 pound baby or halved small carrots, peeled, tops trimmed

12 ounces baby red potatoes (halved if large)

3 celery stalks, cut on the diagonal into 2-inch pieces

6 garlic cloves, thinly sliced

10 black peppercorns

Fresh chopped parsley, for garnish

1. Rinse Cornish hens or whole fryer and pat dry. Season with salt and pepper. Place thyme in cavity. Carefully tie the legs together with kitchen twine and set aside.

2. Stir together stock, wine, onions, carrots, potatoes, celery, garlic, peppercorns, and two tsp. salt in a large, heavy pot. Bring to a boil over medium-high heat. Reduce heat to medium-low. Gently add the Cornish hens or whole fryer, breast side down. Cover, and cook 1 hour. Place some of the chicken in each of 4 serving bowls, divide broth and vegetables evenly among the bowls. Sprinkle each serving with chopped parsley and a bit of freshly ground black pepper.

Credit: Martha Stewart Living