

CHEF SARA RHODES

SPICE BRAISED CHICKEN THIGHS WITH SWEET POTATO AND FENNEL

1 large or 2 very small fennel bulbs,
julienne
1 medium onion, julienne
4 cloves garlic, minced
3 cups sweet potatoes, peeled and cut
into small cubes
2 tsp. ground cumin
2 tsp. ground cinnamon
2 tsp. chili powder
1 tsp. ground turmeric
2 Tbsp. all-purpose flour
8 boneless, skinless chicken thighs,
trimmed
1 cup white wine
3 cups chicken stock
1 to 1 ½ oz. Chicken Demi-glacé
1 ½ Tbsp. butter



Mix together the cumin, cinnamon, chili powder and turmeric and set aside.

Heat a braising pot over medium-high heat. While the pan is heating up, season trimmed chicken thighs with salt, pepper and the spice mixture on both sides. Add olive oil to the pan. When oil is hot brown the thighs for about 4 to 5 minutes on each side and remove from pan. If necessary, add a little more olive oil. Add the fennel, onions, garlic and sweet potatoes to the pan. Season with salt, pepper and the spice mixture. Sauté the vegetables until the onion and fennel start to soften.

Add the flour and mix well, cooking for about 3 to 4 minutes. Add the white wine to deglaze the pan, stirring to get all the brown bits up from the bottom of the pan and until the wine is reduced to almost ¼ cup. Add the chicken thighs back into the pan and add the stock until the liquid is three quarters of the way up the thighs. You may not use all three cups. Bring back to a boil. Reduce heat to medium and cover. Simmer 20 to 25 minutes, checking the stock level periodically, adding more to keep level where it should be, if necessary.

When the chicken reaches 160 degrees and the sweet potatoes are done, remove thighs from pot and keep warm. Add the demi-glacé and stir to dissolve. Add the butter and stir till melted. Re-season, if necessary. Serve with the sweet potato mixture as a bed with the chicken on top.