

POLLITO EN CAZUELA/ IN A POT

from Viviana Carballo

This chicken was one of my mom's secret weapons against sickness or feeling out of sorts. It was one of the few dishes she made at Boca Ciega. I still find it as comforting and delicious as I did when I was a child.

1 whole chicken 3-3 1/2 pounds
salt and freshly ground black pepper to taste
2 tablespoons olive oil
1 large onion, chopped (1 cup)
1 tablespoon flour
6 garlic cloves, sliced
1 teaspoon each fresh thyme and oregano, finely minced
2 bay leaves
1 stick cinnamon
1/2 cup white wine
1/4 cup dry sherry
1/4 cup chicken broth

Rinse the chicken and dry well, remove all visible fat. Refrigerate over night uncovered. This will dry the skin and allow to brown better.

When ready to cook, salt and pepper the chicken, heat the oil in a Dutch oven and brown chicken well on all sides. Remove the chicken.

Add onions and cook until soft, sprinkle with flour (this will slightly thicken the juices) add seasonings, wine and broth.

Bring to a boil, turn down the heat, return the chicken to the pot placing it breast down, cover and let simmer for 1 to 1 1/2 hours, turning the chicken on a different side every half hour. When done the meat should be falling off the bones.

Off the heat, cut chicken in quarters and place on serving platter, pour cooking juices over the chicken without straining.