

North Country Chicken Stew

Submitted by Stanley March

Group A

1 5-lb. fowl
2 bay leaves
6 peppercorns
3 whole cloves
½ small onion
1 carrot
Celery tops & bottom of one small head
1 tablespoon salt
½ teaspoon thyme

Group B

3 onions, peeled & quartered
4 potatoes, peeled & diced
4 stalks celery, washed & sliced
4 carrots, peeled & sliced
1 green pepper, sliced
1 small turnip

Put the fowl in a large pot, cover with water, and add all the ingredients in group A. Simmer until the fowl is tender (1 ½ to 2 hours). Remove fowl from the stock, strain and cool the stock. Discard the remaining Group A ingredients. When the fowl is cool, pick off the meat off the bones and refrigerate the meat. (*Stew may be prepared ahead to this point and kept in refrigerator*)

Later, skim the fat off the stock, reserving fat for a roux. Put the liquid back in the big pot with the turnips and carrots from Group 2, bring to a boil and cook for 20 minutes. Now add the rest of the vegetables and cook until they are tender.

When you are about ready to eat, dice the fowl and add it to the stew. Make a roux with 2/3 cup of the reserved fowl fat and 2/3 cup of flour. Cook out for at least five minutes. Put some of the liquid from the stew into the roux, blend well and return it all the stew pot. Add salt and pepper to taste, and serve.

Serve with baking powder biscuits