

Chicken, Fennel, and Artichoke Fricassee

Martha Stewart Living, April 2011

Active Time: 25 min

Total Time: 35 min

Serves: 4

<http://www.marthastewart.com/344492/chicken-fennel-and-artichoke-fricassee>

1 Whole chicken (about 4 pounds), cut into 10 pieces
Coarse salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
1 fennel bulb, trimmed and cut into ¼-inch wedges, ¼ cup fronds reserved
1 can (15 ounces) water-packed whole artichoke hearts, drained
1 small red onion, cut into ½-inch wedges
1 cup chicken stock
1 tablespoon red-wine vinegar
3 tablespoons fresh flat-leaf parsley, coarsely chopped



Photography: Martha Stewart Living

1. Preheat oven to 425F. Season chicken with 1 tablespoon salt and ½ teaspoon pepper. Heat oil in a large ovenproof skillet over high heat until hot but not smoking. Brown chicken on all sides, 8 to 10 minutes. Transfer to a plate. Pour off all but 1 tablespoon fat. Reduce heat to medium-high. Brown fennel wedges, artichokes, and onion in skillet, stirring occasionally, 2 to 3 minutes.
2. Return chicken to skillet. Add stock. Transfer to oven. Braise until cooked through, 18 to 20 minutes. Transfer chicken and vegetables to a platter. Reduce braising liquid over high heat to about 1/3 cup. Stir in vinegar. Pour sauce over chicken, and top with fennel fronds and parsley.