

Chicken Basquaise (Chicken Basque Style)

Here is a delicious sauce with chicken from the Basque region of northern Spain, which is renowned for its fantastic food. Easy to make, flavorful, and you can change the protein options as desired. We had this in a restaurant with squid and it was fabulous. For a vegetarian option, this is great with seitan. Piment d'Espelette is a popular spice in Basque country and similar to paprika but it is mildly spicy. If you don't have piment d'Espelette, you can substitute paprika with a touch of cayenne pepper.

Serves: Four

Prep Time: 20 minutes

Simmering Time: 20-30 minutes

Ingredients:

2 tablespoons avocado oil

4 chicken legs and 4 chicken thighs

1½ medium onions, chopped

½ teaspoon sea salt

½ teaspoon dried thyme (or 2 teaspoons fresh thyme)

½-1 teaspoon piment d'Espelette (or use ½-1 teaspoon ground paprika and ⅛-¼ teaspoon ground cayenne)

1 tablespoon extra-virgin olive oil

1 medium red bell pepper, diced

1 medium green bell pepper, diced

½ cup dry (75 ml) white wine (or low sodium broth)

3 medium tomatoes, finely chopped

4 medium garlic cloves, diced

4 tablespoons fresh parsley chopped

Directions:

Heat a skillet or large sauté pan to medium high heat, add oil, then sauté chicken for 8-10 minutes (or other protein option), turning occasionally until all sides are lightly browned.

Remove chicken, and in the same pan, sauté onions with salt, pepper spice, and thyme until onions have softened over 3 minutes, then reduce heat to medium, add olive oil, bell peppers, and sauté another 3 minutes.

Add wine to deglaze and stir gently for 1 minute. Add tomatoes, garlic, and lightly browned chicken to the pan and simmer at a gentle bubble for 20-25 minutes, until chicken reaches a temperature of 170 degrees F (76 degrees C) and half the liquid has evaporated.

Garnish with parsley and serve.

Enjoy,

Steven Masley, MD