

World Gourmet Summit 2006
The Art of Entertaining
Grand Hyatt Singapore

15 April 2006 / 1.00pm to 4.00pm

SPANISH CHICKEN STEW

Presented by:
Chef Wan

Serves 4

Ingredients

- 1 Chicken (1.5kg) , cut into 12 pieces
- Salt and freshly cracked black pepper,
to taste
- 30g All-purpose flour
- 60ml Olive oil
- 10 Button mushrooms
- 1 Carrot, peeled and diced
- 1 Large onion, peeled and diced
- 4 Garlic cloves, peeled and finely
chopped
- 1tsp Chopped basil leaves
- 1tsp Chopped thyme
- 1 Bay leaf
- 1 Red capsicum, diced
- 1tbsp Tomato purée
- 411g Italian plum tomatoes, mashed
- 500ml Chicken stock
- 10 Green Spanish olives, pitted
- 10 Black olives, pitted
- 1tsp Saffron
- 1 Parsley sprig, chopped

Method

1. Season the chicken pieces with salt and freshly cracked black pepper and then coat evenly with flour. Heat olive oil in a large pot and sear the chicken until lightly browned.
2. Add in the mushrooms, carrot and onion and stir-fry for 1 to 2 minutes. Add in chopped garlic, basil, thyme and bay leaf and stir-fry for a further 1 to 2 minutes.
3. Add the capsicums, tomato purée, tomatoes and chicken stock and simmer over low heat. Then add in the saffron and the green and black olives and cook until chickens are tender.

To serve

Ladle chicken stew into a serving dish and garnish with chopped parsley