

CANNA'S FEAST

FEBRUARY 2016 CELLAR CLUB

BRODO DI POLLO CON CAVOLO RICCIO, FARRO E FAGIOLI BIANCHI

PAIRED WITH 2012 CABERNET FRANC, YIELD: 4-6 SERVINGS

INGREDIENTS:

- 2 TABLESPOONS OLIVE OIL
- 1 CUP FENNEL BULB, DICED 1/4 INCH
- 1 1/2 CUPS LEEKS, WHITE ONLY, FINELY DICED
- 1/2 TEASPOON KOSHER SALT
- 2 QUARTS HOMEMADE CHICKEN BROTH
(RECIPE PROVIDED)
- 3 CUPS CHICKEN MEAT, COOKED
AND SHREDDED
- 1 CUP FARRO, COOKED
- 1 1/4 CUPS CANNELLINI BEANS, CANNED,
DRAINED AND RINSED
- 1 1/2 CUPS BABY KALE, ROUGH CHOPPED
- 1 1/2 TEASPOONS ROSEMARY, FRESH, MINCED
- 1-3 TEASPOON(S) BALSAMIC VINEGAR
- FRESHLY GROUND BLACK PEPPER
- ADDITIONAL KOSHER SALT, AS NEEDED
- 4-6 TABLESPOONS FRESHLY GRATED PARMIGIANO-
REGGIANO FOR SERVING (OPTIONAL)

METHOD:

1. Heat the olive oil over medium-high heat in a large pot or Dutch oven.
2. Add the fennel, leek, and 1/2 teaspoon salt and sauté, stirring occasionally, until the vegetables are soft and slightly browned.
3. Add the broth and bring to a boil. Reduce to a simmer and cook until vegetables are completely tender.
4. Stir in the shredded chicken, farro, beans, kale and rosemary.
5. Bring back to a simmer, stirring occasionally, until the flavors meld, about 10 minutes.
6. Stir in 1 teaspoon of vinegar. Taste, and add more vinegar 1 tsp. at a time up to 3 teaspoons until flavor is balanced (vinegar should not be evident).
7. Season with salt and pepper to taste and garnish each bowl with 1 tablespoon of the grated Parmigiano-Reggiano (optional).

HOMEMADE CHICKEN BROTH INGREDIENTS:

(YIELD: 2 1/2 TO 3 QUARTS)

- 2 TABLESPOONS OLIVE OIL
- 1 WHOLE CHICKEN, CUT IN PIECES,
EXCESS FAT REMOVED
- 3 CARROTS, PEELED AND COARSELY CHOPPED
- 2 ONIONS, COARSELY CHOPPED
- 4 CELERY STALKS, COARSELY CHOPPED
- 1 TABLESPOON TOMATO PASTE
- 1 TABLESPOON BLACK PEPPERCORNS
- 1 BUNCH FLAT-LEAF PARSLEY, STEMS ONLY
- 1 BUNCH THYME, FRESH

METHOD:

1. In a large, heavy-bottomed pan, heat the oil until very hot. Add the chicken pieces and brown on all sides. Remove the chicken parts when very browned all over and set aside. Chicken should be browned in batches, if necessary.
2. Add the carrots, onions, and celery to the pan and cook until soft and browned. Add the tomato paste and continue cooking for 3-5 minutes.
3. Add 4 quarts of cold water, black peppercorns, parsley, and thyme and stir to remove any bits of vegetables or chicken from the bottom of the pan.
4. Add the chicken pieces back to the pot, place pot over high heat and bring just to the boil. Immediately reduce heat to a simmer and skim any foam that rises to the top of the stock.
5. Simmer for 2 1/2 to 3 hours then skim any fat or impurities off the top of the stock.
6. Remove the chicken pieces from the pot and allow to cool. Remove the chicken meat and separate the bones and skin. Shred the chicken and reserve it to add back to the soup later. Refrigerate, if not preparing the soup immediately.
7. Gently ladle the stock out of the pot and measure the needed amount for the soup. Refrigerate or freeze any remaining stock.

Recipe by Chef Wendy Bennett