

# March 2010 Recipe



## cuban chicken

**1 Brown the chicken**  
Season the chicken pieces with salt and pepper. In a large frying pan over medium-high heat, warm the oil. Add the chicken pieces, in batches if necessary, skin side down, and cook until golden brown on the bottom, about 7 minutes. Turn the chicken and cook on the second side until lightly browned, about 3 minutes longer. Transfer to the slow cooker.

**2 Deglaze the pan**  
Pour off all but about 1 tablespoon fat from the frying pan and return the pan to medium-high heat. Add the garlic and sauté just until fragrant, about 1 minute. Pour in the orange and lime juices. Raise the heat to high, bring to a boil, and deglaze the pan, stirring to scrape up the browned bits on the pan bottom. Pour the contents of the pan over the chicken.

**3 Cook the stew**  
Add the bay leaf, spread the onions on top, and sprinkle with 1 teaspoon salt. Cover and cook on the high-heat setting for 2½ hours or the low-heat setting for 5 hours. Remove and discard the bay leaf. Transfer the chicken to a serving dish. Season the sauce to taste with salt and a generous amount of pepper. Spoon the onions and sauce over the chicken, garnish with the parsley, and serve, passing the lime wedges at the table.

**Whole chicken,**  
about 4 lb (2 kg), cut into  
8 serving pieces

**Salt and freshly ground  
pepper**

**Olive oil,** 3 tablespoons

**Garlic,** 8 cloves, coarsely  
chopped

**Orange juice,** ¾ cup  
(6 fl oz/180 ml)

**Lime juice,** ¾ cup (6 fl oz/  
180 ml), from about 5 limes

**Bay leaf,** 1

**Yellow onion,** 1, thinly sliced

**Fresh flat-leaf (Italian)  
parsley,** ½ cup (¾ oz/  
20 g) minced

**Limes,** 2, cut into wedges

**SERVES 6**