

# Chicken in Pine Nut & Saffron Stew

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Serves 4

Preparation Time: 20 mins

Cooking Time: 3 hrs

*Learn a new way to thicken and flavor your stews, by using a Catalan technique, called Picada.*

## Ingredients

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- ❖ 60ml (2 fl oz/4 tbsp) olive oil
- ❖ 40g (1½ oz/¼ cup) pine nuts
- ❖ 1 thick slice bread, crusts removed and cut into pieces
- ❖ 2.5ml (½ tsp) ground cinnamon
- ❖ pinch of saffron threads
- ❖ 2 garlic cloves
- ❖ 30ml (2 tbsp) flat-leaf parsley
- ❖ 4 chicken legs
- ❖ 2 brown onions, finely chopped
- ❖ 125ml (4 fl oz/½ cup) white wine
- ❖ 375ml (13 fl oz/1½ cups) chicken stock
- ❖ 1 bay leaf
- ❖ 2 thyme sprigs
- ❖ 30ml (2 tbsp) lemon juice
- ❖ 2 egg yolks

## Directions

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1. Preheat the oven to 180°C/fan 160°C/350°F/gas mark 4.
2. Heat 1 tablespoon of the oil in a large heavy-based flameproof casserole dish over medium-high heat. Add the pine nuts and bread and lightly fry for about 3 minutes, or until golden. Remove and drain on paper towels. When cooled slightly, put in a mortar or food processor; add the cinnamon, saffron, garlic and half the parsley and pound or process to a coarse, crumbly consistency.
3. Heat the remainder of the oil in the casserole over medium heat and brown the chicken pieces for about 5 minutes. Remove to a plate.
4. Add the onion to the casserole and cook for 5 minutes, or until translucent.
5. Return the chicken pieces to the casserole with the wine, stock, bay leaf and thyme, cover and place in the oven.
6. After 30 minutes lower the heat to 130°C/fan 110°C/265°F/gas mark ½ and cook for another 2 hours.
7. Remove the chicken and cover to keep warm.
8. Add the pine nut paste to the casserole and cook for 1 minute. Remove from the heat and whisk in the lemon juice, egg yolks and remaining parsley.
9. Return the casserole to the stovetop and stir over very low heat until just thickened slightly (do not allow to boil or the sauce will split).
10. Season to taste, return the chicken to the casserole and gently warm through before serving.

## Serving Suggestion

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Serve with rice and your favourite steamed vegetables.

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