



Poulet Basquaise



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Introduction

Poulet Basquaise is a classic dish that hails from the Basque region of France, known for its vibrant flavors and colorful presentation. This rustic chicken stew combines tender pieces of chicken with aromatic vegetables, including bell peppers, tomatoes, and onions, creating a comforting and hearty meal. Often enjoyed with rice or crusty bread, this dish is perfect for family gatherings or cozy dinners.

Detailed Ingredients with measures

Chicken (3-4 pounds, cut into pieces)
Olive oil (2 tablespoons)
Onion (1 large, chopped)
Bell peppers (2, one red and one green, sliced)
Garlic (4 cloves, minced)
Tomatoes (4 ripe, chopped or one can of diced tomatoes)
Bay leaves (2)
Thyme (1 teaspoon, dried or fresh)
Salt (to taste)
Black pepper (to taste)
Chicken stock (1 cup)
Piment d'Espelette (or red pepper flakes, to taste)
Fresh parsley (for garnish, chopped)

Prep Time

25 minutes

Cook Time, Total Time, Yield

Cook Time: 1 hour

Total Time: 1 hour 25 minutes

Yield: Serves 4-6 people



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Detailed Directions and Instructions

Prepare the Chicken

Pat the chicken dry with paper towels and season all sides with salt and pepper.

Brown the Chicken

In a large Dutch oven, heat olive oil over medium-high heat. Add the chicken, skin-side down, and cook until golden brown, about 5-7 minutes per side. Remove the chicken and set aside.

Sauté the Aromatics

In the same pot, add onions and bell peppers. Cook until softened, about 5 minutes. Stir in garlic and cook for an additional minute.

Add Tomatoes and Spices

Pour in the diced tomatoes, and add smoked paprika, thyme, and bay leaf. Stir well to combine.

See also Honey Garlic Shrimp, Sausage & Broccoli

Return the Chicken

Place the browned chicken back into the pot. Ensure that the chicken is submerged in the liquid as much as possible.

Simmer the Dish

Cover the pot and reduce heat to low. Let simmer for 45 minutes to 1 hour, until chicken is cooked through and tender.

Finish and Serve

Remove the pot from heat. Discard the bay leaf, taste, and adjust seasoning if needed. Serve with crusty bread or rice.

Notes

Chicken Cuts

You can use bone-in, skin-on chicken thighs or a mix of thighs and breasts for a different flavor and texture.

Vegetarian Option

To make a vegetarian version, replace the chicken with hearty vegetables like eggplant or mushrooms and use vegetable broth instead of chicken.

Storage

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stovetop or in the microwave.

Flavor Enhancements

Feel free to add olives or cooked chorizo for additional flavor and complexity.



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Cook techniques

Marinating

Marinate the chicken in a mixture of olive oil, garlic, and spices to enhance flavor and tenderness.

Searing

Sear the chicken in a hot pan to develop a rich, brown crust, which adds depth to the dish.

Deglazing

After browning the chicken, deglaze the pan with liquid to incorporate the flavorful bits stuck to the bottom.

Simmering

Allow the chicken to simmer in the sauce to ensure it absorbs all the flavors and becomes tender.

Serving with Accompaniments

Pair the dish with rice or crusty bread to soak up the delicious sauce.

FAQ

What type of chicken is best for Poulet Basquaise?

Bone-in, skin-on chicken pieces are ideal for this dish as they retain moisture and flavor during cooking.

See also Strawberry and Fig Galette

Can I use other proteins instead of chicken?

Yes, you can substitute chicken with duck or rabbit for a different flavor profile.

How can I make this dish vegetarian?

Replace the chicken with hearty vegetables such as mushrooms, eggplant, and zucchini, and use vegetable broth instead of chicken stock.

What are the key spices in Poulet Basquaise?

Key spices include paprika, garlic, and sometimes a hint of cayenne for added heat, typical of Basque cuisine.

How long does Poulet Basquaise last in the refrigerator?

It can last for about 3 to 4 days in the refrigerator when stored in an airtight container.



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Conclusion

Poulet Basquaise is a vibrant and comforting dish that embodies the rich culinary traditions of the Basque region. With its combination of tender chicken, colorful peppers, and robust tomatoes, it delivers a perfect balance of flavor and texture. This recipe not only highlights the use of fresh, local ingredients but also invites a sense of warmth and togetherness, making it an excellent choice for family gatherings or special occasions.

More recipes suggestions and combination

Coq au Vin

Consider trying Coq au Vin for a classic French dish that also features chicken slow-cooked in wine with mushrooms and onions for deep flavors.

Bouillabaisse

For a seafood twist, Bouillabaisse offers a fragrant fish stew from Provence, combining various fish, shellfish, and aromatic herbs.

Ratatouille

Ratatouille is a wonderful vegetarian option that highlights the same vibrant vegetables as Poulet Basquaise, seasoned with herbs de Provence.

Duck à l'Orange

For a richer experience, Duck à l'Orange presents a delightful combination of savory duck paired with a tangy orange sauce, bringing

brightness to the dish.

See also [Broccoli Chicken Divan](#)

Basque Lamb Chops

If you enjoy the flavors of the Basque region, try Basque Lamb Chops marinated with garlic and fresh herbs, grilled to perfection.

Shakshuka

For a delightful brunch option, Shakshuka features poached eggs in a spicy tomato sauce with peppers, perfect for pairing with crusty bread.



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