



TEMPLERINTERIORS
an interior design studio

Ph 415.661.5015
Fx 415.661.5015
www.templerinteriors.com

CHICKEN AND VEGETABLE STEW

1-2 tbsp olive or vegetable oil
1-2 large garlic cloves, chopped
2 yellow chili peppers, seeded and chopped
1 large leek, sliced
1 chicken, cut in pieces with skin and bones
1 cauliflower, cut in large florets
2 large carrots, sliced thick
1 medium parsnip, sliced
1 cup frozen peas
fresh cilantro (coriander)

Heat oil and lightly fry garlic. Add peppers and leeks, cook on medium heat until soft. Add chicken, stir all ingredients together and cook until chicken is white on all sides. Add enough water to almost cover chicken. Bring to a boil, then lower heat to a brisk simmer and cook 15 minutes. Add carrots and parsnip and continue cooking on low until carrots begin to soften. Add cauliflower, stir, and continue to cook. When cauliflower has softened but is still somewhat crisp, add peas, stir and continue cooking until cauliflower is soft but not mushy. Garnish with fresh cilantro if available and serve in bowls with hot, crunchy French bread.

Serves 4

(This will be more soup than stew. It can also be thickened by adding roux. But I find it more soothing as a soup, especially on a cold night. To cook this as the original, milder Hungarian recipe, delete the garlic, peppers and leeks, sauté the carrots and parsnips in the oil, then sauté the chicken and continue as above from that point. Also delete the cilantro garnish.)