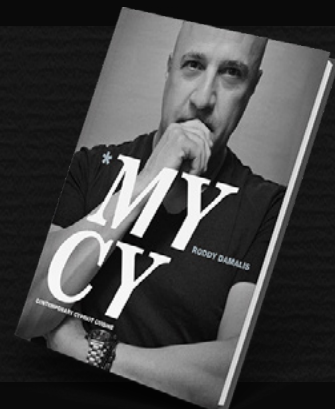




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Chicken “Yiachni” The Date

A Homely Chicken Stew With Peas & Artichoke Heart in Tomato

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Preparation
1 ½ Hours



Cooking Time
1 ½ Hours



Serves
4-6

Ingredients

- 1 whole chicken (jointed)
- 1 kg frozen peas
- ½ kg frozen artichoke heart
- 4 very ripe tomatoes (pureed in the food processor)
- 2 large onions (chopped)
- 500 g new potatoes
- 3 large carrots (sliced)
- ½ cup olive oil
- ½ cup tomato paste
- Dried oregano
- Paprika
- Pinch of sugar
- Salt & fine black pepper

Execution

Coat the chicken in the salt, pepper, paprika & oregano & place skin side up in a baking tray
Brown under a grill for 20' or until browned & crispy
Brown the onions in the olive oil, when golden, add the tomato, tomato paste, water, carrot & potatoes
Bring to the boil & reduce to simmer
Add the chicken pieces and deglaze the pan with some water adding this to the pot (valuable flavour here)
Cover & allow to cook
When the chicken is ¾ cooked add the peas & artichoke
Season to taste adding a pinch of sugar
Allow to simmer until chicken is cooked & the sauce is rich & thick

*I often get asked what my favourite food is which is a very difficult question to answer... but this dish is certainly my favourite! When my mother drops off a pot of this stew for me, it is quite possibly one of the best gifts I could receive! I love a pot of food that has everything in it, uncomplicated, hearty and communal.