

Chicken Etouffee

Servings : 4

Amount	Measure	Ingredient - Preparation Method
4	pounds	chicken - cut into pieces salt cayenne pepper
2	tablespoons	vegetable oil
8	tablespoons	unsalted butter
3/4	cup	flour
1	cup	yellow onion - finely diced
1/2	cup	celery - finely chopped
1/2	cup	bell pepper - finely chopped
2		bay leaf
2	cloves	garlic - minced
1	bottle	dark lager
1	quart	cold chicken stock
2	teaspoons	brown sugar
1/4	cup	hot sauce
1	tablespoon	Worcestershire sauce
1/4	cup	parsley - chopped

Season the chicken with salt and cayenne pepper.

Heat the oil in a large dutch oven over medium high heat and sear chicken pieces on both sides until golden brown. Remove to a platter and reserve.

Add butter to pan and when melted, add flour, and stir to combine well. Continue to cook roux, stirring constantly, until chocolate brown, about 12-15 minutes.

Immediately add onion, celery, bell pepper and bay leaves and cook until soft, 2-3 minutes. Add garlic and cook another 2 minutes, then add the beer and stir well to loosen any brown bits from pan bottom. Add the stock, brown sugar, hot sauce, and worcestershire sauce and stir to combine well. Bring to a boil, return chicken pieces to the pot, and simmer for 1 hour and 15 minutes, until chicken is very tender.

Remove chicken pieces to a platter and when cool enough to handle, remove meat from the bones. Return meat to etouffee and cook for another 30 minutes, until sauce is thickened and flavorful and chicken is beginning to fall apart. Add chopped parsley and stir to combine. Adjust seasoning. Serve immediately over rice or other starch of choice.