

Chicken and White Bean Stew

Ingredients:

- 2 Tbsp grapeseed oil
- ¼ cup all-purpose white flour
- 1 ½ lbs chicken thighs, skinless
- 2 Tbsp unsalted butter
- 1 cup parsnip, cut into 1-inch dice
- 2 celery ribs, cut into 1-inch dice
- 2 large shallots, minced
- 2 large garlic cloves, minced
- 1 small bay leaf
- 1 tsp fresh thyme, minced
- 1 Tbsp fresh rosemary, minced
- 2 tsp anchovy paste
- 3 cups chicken broth
- 2 (14 ounce) cans white beans, rinsed (i.e. cannellini)

Directions:

Preheat oven to 350 degrees and position an oven rack in the center.

Using a paper towel, pat-dry chicken thighs and season with salt and pepper on both sides. Coat in flour and shake off the excess.

Place a 4-quart heavy bottom Dutch oven or heavy bottom saucepan on the stove over medium heat and add 2 tablespoons of olive oil. When the oil is shimmering, add the chicken thighs, searing all sides and cook until golden brown, about 4 minutes. Using tongs, transfer the chicken from the saucepan to a plate. Pour off the remaining fat in the pan and return it to medium heat.

Add butter, when foaming add the parsnips and celery and cook until just becoming tender, about 3 minutes. Add shallot and garlic; cook until fragrant, about 1 minute. Add the bay leaf, thyme, rosemary and anchovy paste and let that become aromatic, about 30 seconds. Add the chicken stock and bring to a boil.

Cover the saucepan with a lid and place in the oven to cook until the chicken is tender, about 1 hour. To test the chicken for doneness, lightly press onto the flesh. The meat should easily fall from the bone. Stir in the white beans and return to pan to the oven until the beans are heated through, about 10 minutes.

Ladle stew into a large bowl and enjoy!