

Southern-Style Slow Stewed Chicken

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3 pounds whole cut up chicken or raw turkey wings

Salt, pepper and Cajun seasoning, *to taste*

Up to 1/2 cup of cooking oil

1/2 cup of all purpose flour

1-1/2 cups of chopped onion

1/2 cup of chopped bell pepper

1/4 cup of chopped celery

2 quarts of water, chicken stock or broth, *heated*

1 tablespoon of minced garlic

Couple dashes of hot sauce

2 tablespoons of cornstarch

Perfect boiled rice, or mashed potatoes

Heat oil over medium high heat in a cast iron or heavy bottomed Dutch oven. Season chicken on both sides with the salt, pepper and Cajun seasoning. Cooking in batches, brown the chicken on all sides; remove and set aside. Add oil to the pan drippings, if needed, to equal 1/2 cup total and heat over medium high heat, slowly whisking in the flour a little at a time. Cook until flour is incorporated and no lumps remain. Cook, stirring regularly, for 4 minutes.

Add the onion, bell pepper and celery and cook for 3 minutes, then begin adding in warmed water or broth, a cup at a time, constantly whisking it in until well incorporated and blended in. Bring to a boil, reduce heat to low simmer, return the chicken to the pot and simmer uncovered for 1 hour. Add the chopped garlic and hot sauce and let cook another 30 minutes. Taste for seasonings and add additional salt, pepper and Cajun seasoning as needed.

To thicken the drippings for a gravy, skim excess fat from the top of the drippings and discard. Prepare a slurry of 2 tablespoons of cornstarch and just enough water to dissolve. Remove the chicken from the pot and set aside. Bring drippings up to a boil, slowly stirring in the slurry. Boil, stirring constantly until mixture is thickened to desired consistency.

Serve over hot rice or mashed potatoes, with a non-starchy green vegetable such as broccoli, a salad, green beans or Brussels sprouts. (continued page 2)

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For the Slow Cooker: Prep as above and transfer everything to slow cooker. Cover and cook on high 2 to 3 hours or until chicken is tender.

For the Instant Pot: Remove skin from most of a 4 to 6 pound cut up chicken. Prepare as above by seasoning and then browning chicken in batches using about 1 tablespoon oil per batch. You may need to reset saute function on pot. Remove chicken and set aside, add veggies and saute for 3 minutes. Do not make gravy portion, but deglaze pot with portion of a 1 quart box of regular chicken stock ([Kitchen Basics](#) recommended), scraping up browned bits from bottom of pot. Add remaining stock, seal pot, cancel saute and set manually for 12 minutes. Let pressure release naturally for 10 minutes, then release any remaining pressure. Set pot to saute, carefully remove chicken and set aside. Mix 1/4 cup cornstarch with just enough water to dissolve. Stir into boiling drippings and let cook about 2 minutes, or until thickened to desired consistency. Cancel saute, set to warm and return chicken to pot just long enough to warm through. Serve over rice or mashed potatoes.

Creole Style Stewed Chicken: Prepare as above except for the water, add 4 pounds garden fresh, prepared tomatoes, peeled, cored, hand crushed and juices retained (about 6 cups) or equivalent amount, about 2 (28 ounce) cans of canned, diced tomatoes or whole tomatoes hand crushed, topping off with additional water or chicken broth to cover chicken once returned to the pan.