

Slow-Cooked Chicken with Fennel and White Wine

Recipe By *Kim Kushner*



Cooking and Prep:  2
h 40 m

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Paleo, Gluten Free,
Sugar Free

Source: The New Kosher

I feel that too many people are afraid to give fennel a fair shot. If you're on the fence, give this recipe a try. The garlic and fennel are caramelized, so the fennel's distinct "licorice" flavor is mellowed, and the white wine adds the ideal note of acidity. If you love fennel like I do, this will become your go-to chicken recipe.

Ingredients (9)

Main ingredients

- 1 chicken, about 3 and 1/2 pounds (1 and 3/4 kg), cut into 8 pieces, or 8 bone-in chicken pieces of your choice, about 3 pounds (1 and 1/2 kg) total weight (skin on or skinless)
- 6 cloves garlic, minced or 6 cubes [Gefen Frozen Garlic](#)
- 2 fennel bulbs, trimmed, cored, and thinly sliced
- 1 cup (1 ounce/30 grams) fresh flat-leaf parsley leaves, minced

- 1 cup (8 fluid ounces/250 milliliters) **Baron Herzog Chenin Blanc** or other dry white wine
 - juice of 1 lemon
 - dash of **Haddar Kosher Salt**
 - dash of freshly ground pepper
 - 1 cup (5 ounces/155 grams) frozen baby peas
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Start Cooking

Roast the Chicken

1. Place the chicken in a roasting pan. Add the garlic, fennel, parsley, wine, lemon juice, salt, and pepper and use your hands to mix well. Marinate at room temperature for 10 minutes or cover and marinate in the fridge for up to 24 hours.
2. Preheat the oven to 400°F (200°C).
3. Roast the chicken for 20 minutes. Reduce the oven temperature to 300°F (150°C) and continue to roast for 1 hour and 40 minutes longer, basting with the pan juices twice during cooking. Sprinkle the peas into the pan and continue to roast until the chicken is golden and crisp, about 20 minutes longer. Serve right away.

Acknowledgement

From *The New Kosher* by Kim Kushner (Weldon Owen).

Kim's newest kosher cookbook is *I Heart Kosher*. Check her [Instagram](#) for more!