

Chicken Capons with Vegetable Stuffing

Recipe By *Hindy Bertram*



Cooking and Prep:  50
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Serves:  8

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free

Source: KosherScoop.com

Capons are chicken thighs and legs that have been deboned. Leaving the skin intact while baking keeps in the moisture and creates an even juicier chicken.

Ingredients (13)

Chicken

8 chicken capons (skin-on deboned chicken legs)

Stuffing

1 onion, peeled and chopped

3 carrots, peeled and chopped

2 stalks celery, chopped

- 2 zucchini, chopped
- 1/4 pound white button mushrooms
- Haddar Kosher Salt**
- freshly ground black pepper
- 2 tablespoons oil
- 1 tablespoon dried basil or 6 cubes **Gefen Frozen Basil**
- 2 and 1/2 tablespoons potato starch
- 1 and 1/2 cups **Gefen Duck Sauce**

Sommelier Suggests

- Vitkin Grenache Blanc**
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Start Cooking

For the Chicken

1. Preheat oven 350 degrees Fahrenheit.
2. Finely grate the vegetables in food processor fitted with "S" blade. Heat oil and add shredded vegetables, sauté; in oil over medium low heat for half an hour until very soft. Add salt and pepper to taste, add basil and potato starch, and mix. Cook for five more minutes.
3. Fill capons and pack tightly, placing seam side down. Pour duck sauce over capons and smear gently until evenly coated.
4. Bake one and a half hours covered and uncovered for half an hour.

Variation:

To serve as appetizer: Each chicken capon is a dinner size portion, so for appetizers, I cut each one in half and create a smaller portion. Pack tightly in a pan and follow baking directions as above. Serve with some roasted mini potatoes and a sprig of rosemary or thyme.