

Shallot and Fennel Chicken

Recipe By Rorie Weisberg



Cooking and Prep:  5 h

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Paleo, Gluten Free,

Sugar Free, Low Fat, Low Carb

Source: Family Table by

Mishpacha Magazine

When creating a healthy main, avoiding sugary sauces is a must. This recipe is unique and elegant without excess sugar.

Ingredients (8)

Main ingredients

- 1 chicken, cut into quarters, skin on
- 2 fennel bulbs, tops and outer layer removed
- 6 shallots, peeled and cut in thin wedges
- 1 and 1/2 teaspoons garlic salt, divided
- 1 and 1/2 teaspoons garlic pepper, divided

1 tablespoon dried or fresh parsley, chopped

1/2 cup dry white wine ([Herzog Lineage Chardonnay](#))

Sommelier Suggests

[Herzog Lineage Chardonnay](#)

Start Cooking

Make the Chicken

1. Cut fennel in thin wedges. Season fennel and shallots with half a teaspoon each garlic salt and pepper. Place chicken on top and season with remaining spices and parsley. Allow to sit for three hours or longer.
2. Preheat oven to 375 degrees. Pour wine over chicken and bake uncovered for 1 hour and 45 minutes, basting after an hour.

Credits

Photography: Moishe Wulliger

Food Styling: Renee Muller.