

Saffron Braised Chicken

Serves 4

Ingredients:

1 Tablespoon Coconut Oil (Spectrum)
4 organic Chicken quarters
Pink Himalayan salt & Freshly Ground black pepper
1 Tablespoon smoked Paprika
2 Teaspoons Saffron (Williams Sonoma)
2 Teaspoon ground Ginger
2 Teaspoons ground Cumin
1 medium Spanish onion, sliced
2 Teaspoons minced Garlic
4 Cups Chicken Stock (I used Pacific brand ...low-sodium & organic)
2 Tablespoons chopped fresh Cilantro
2 Tablespoons chopped fresh Parsley

Technique:

1. Melt the coconut oil in a deep oven-proof skillet over medium heat. Season the chicken quarters with salt & pepper, then brown in the coconut oil. You aren't cooking it through at this point. After browning all sides, sprinkle the paprika, saffron, ginger and cumin over the chicken. Add the onions and garlic and sauté with the browned chicken in the coconut oil until the onion is translucent.
2. Pour the broth over the top of the chicken, and bring to a boil. Cover with a lid and transfer your skillet to an oven preheated to 375 degrees. Cook for 45 minutes or until chicken is cooked thoroughly (or reaches an internal temp of 155 degrees) next to the bone.
3. Remove the lid and turn the broiler on low for 3-5 minutes to crisp up the skin.
4. Remove from oven and stir in the fresh cilantro and parsley into the sauce. Serve with rice, potatoes or cauliflower rice.