

CLAY POT COOKING RECIPES

Chicken With 40 Cloves Of Garlic

When garlic is slowly simmered, it mellows and becomes almost sweet in flavor. Serve this stew with crusty bread onto which the softened garlic may be spread.

Ingredients

- 2 heads of garlic
- 4 tablespoons butter
- 1 tablespoon olive oil
- 1 (3-pound) chicken, cut into serving pieces
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup dry white wine
- 1 cup chicken stock or reduced-sodium canned broth
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon dried rosemary
- 1 bay leaf

Preparation

1. Separate garlic into cloves and peel. Add to a small pan of boiling water, reduce heat to low, and simmer 10 minutes. Drain and let cool.
2. In a large nonreactive flameproof casserole, melt 2 tablespoons butter in olive oil over medium-high heat. Season chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken to casserole and cook, turning, until browned on all sides, 6 to 8 minutes.

3. Separate garlic cloves and add to casserole. Stir in wine, chicken stock, thyme, rosemary, bay leaf, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil. Reduce heat to medium-low, cover, and cook until chicken is no longer pink in center, about 25 minutes. Remove and discard bay leaf. Transfer chicken and garlic to a serving dish.
4. Skim fat from cooking liquid and discard. Bring cooking liquid to a boil and cook until liquid is reduced to 1 cup, 2 to 3 minutes. Stir in remaining 2 tablespoons butter and pour over chicken.

Chicken Tagine with Green Olives & Preserved Lemon

If you can, make this dish as Moroccan women have for centuries, in the cone-topped clay cooker that gives it its name - otherwise a Dutch oven works well. Traditionally, preserved lemons require curing in salt for at least two weeks. But this method, discovered by Paula Wolfert, takes only five days. And, you can preserve just one or two lemons instead of making a large batch. Try them chopped and mixed with green olives for an hors d'oeuvre, or place one inside a chicken before roasting, or chopped, in the cavity of a fish.

Ingredients

- 8 large chicken thighs, skinned
- 3/4 cup finely chopped onion
- 1/2 cup finely chopped fresh cilantro
- 1/2 cup finely chopped flat-leaf parsley
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon sweet paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon saffron, crushed
- 2 cups Greek green olives, such as Ionian or Nafplion
- 1/2 Moroccan preserved lemon, chopped (see Note), or lemon juice to taste
- Juice of 1 lemon
- Salt & black pepper

Arrange the chicken thighs in one layer in a medium-size tagine or Dutch oven. Sprinkle the onion, cilantro, parsley, garlic, cumin, ginger, paprika, 1/2 teaspoon of the pepper, and saffron over the chicken.

Add 2 cups of water and cover the pot.

If using a tagine, set it on a flame-tamer over medium heat. If using a Dutch oven, set over medium-high heat; the flame-tamer is not necessary. Bring to a boil. Immediately reduce the heat and simmer gently for 30 minutes.

Clay-Pot Chicken with a Spice Rub

Ingredients:

- 2 teaspoons chili powder
- 1 teaspoon cumin seeds
- 1/2 teaspoon salt
- 1 (3 1/2-pound) chicken, skinned and trimmed of fat
- 2 tablespoons fresh lime juice

Directions:

1. In a small skillet over medium heat, toast chili powder, cumin seeds and salt, stirring constantly, until aromatic, 1 to 2 minutes. Transfer to a plate and set aside.
2. Sprinkle chicken with lime juice. Season the surface and cavity with the toasted spice mix. Tie the legs together and tuck the wing tips under the back. Set in a shallow dish, cover with plastic wrap and refrigerate 2 to 3 hours to allow flavors to develop.
3. Soak the bottom and lid of a clay cooker of at least a 3-quart capacity in cool water for 15 minutes.
4. Place the chicken in the soaked cooker, cover and place in a cold oven. (The chicken also can be cooked in a covered Dutch oven.) Set the temperature at 350 degrees and bake for 1 1/2 hours, or until the juices run clear when the thigh is pierced with a fork and a meat thermometer in the thigh registers 180 degrees.
5. Transfer chicken to a warm platter. Strain the cooking juices into a small bowl or pitcher. Skim off any fat that rises to the top before serving the juices alongside the chicken. Serves 4.

"Roast Beast in A Clay Pot"

This recipe uses a traditional clay cooking pot, sold under the brand name "Romertoph" they look like a roasting pan made of terra cotta. If you've never cooked in a Romertoph, you need to know a few basics. First, never use detergent on the pot. It will soak in and re-emerge in every dish you cook. Rinse out the pot and soak it in warm water for about 30 minutes. This soaking is the secret to the dish.

Take a 4-5 lb roast, with or without the bone. Clean it, sprinkly some salt on it and set it aside.

Cut into random size pieces:

- two carrots
- one stalk of celery
- a large yellow onion
- five or six medium yellow potatos

Crush or mince three or four cloves of garlic

Select a fresh sprig of rosemary and a bay leaf.

Now the hard part...put everything into the clay pot with the rposmary and bay leaf on top, and put it into a cold oven.

Crank the over up to 450 F. and continue with the rest of your preparations.

In about an hour and a half, check the pot. You'll find a tender roast, perfectly seasoned and swimimng in natural gravy.

This is a different way to make a roast, but once you've tried it, you won't go back.

Clay-Pot Orange Duckling

Serves 2 - 4

1 three-to-five-pound duckling

Salt

Freshly ground black pepper

3 or 4 garlic cloves, crushed

2 or 3 medium oranges, peeled and sliced (reserve rind)

1 tablespoon bottled orange-peel spice

3/4 cup orange juice

1/2 cup soy sauce

2 tablespoons grated fresh ginger

1 teaspoon ground allspice

5 tablespoons brown sugar

2 tablespoons arrowroot

Soak clay pot and lid in water for 15 minutes. Wash duckling inside and out with cold water. Cut away excess skin and fat. Rub salt, pepper, and garlic inside duckling. Sprinkle orange slices with more pepper, and stuff duckling with them. Put duckling in pot, breast down. Grate reserved rind over duckling, then sprinkle with orange-peel spice. Mix juice, soy sauce, ginger, allspice, and sugar in bowl; pour over and around duckling. (Duckling should be half covered by sauce; add more juice and soy sauce as needed.)

Place covered pot in cold oven, and set temperature at 480 degrees. Cook for 1 hour and 20 minutes. Remove from oven, and pour juices into saucepan. Return pot to oven, uncovered. Brown duckling, about 10 to 15 minutes.

Bring sauce to a boil and thicken with arrowroot, 1 tablespoon at a time. (If sauce separates, add a little hot water.) Add more brown sugar if desired.

Note: A 3-to-5-pound chicken may be substituted for duckling.

