

Chicken with Sauerkraut and Rice – Dina Papadopoulos

Preamble

Chicken with sauerkraut is an easy one-pot dish that's been in our family since we came to Canada. It's easy to make, has a few basic ingredients and you can't go wrong making it. It's also good for you!

A long time ago, my Uncle Jim used to work in a restaurant on the Danforth called Carolleta. He was not the chef, but I think he cooked better than any chef in Toronto. That's because he always put his heart into whatever he was making. My cousin and I used to go to the same school a couple of blocks from their home and I would lunch at their place all the time. Uncle Jim was an amazing cook and when I grew up and started cooking, I would often call him so he would share his recipes. Chicken with sauerkraut was one of those dishes. Here is it for you to try.



*(Serves 6. Ingredients are shown for 6, 4, or 2 people.
Great as left-over next day.)*

Ingredients

Ingredient	Measure	6 People	4 People	2 People
chicken legs with thighs	unit	6	4	2
salt, pepper, dry herbs, like oregano, Italian mix, or other	as you like it			
olive oil (or whatever oil you like)	tbsp	6	4	2
bacon, chopped	slices	4	3	2
med onion, chopped	unit	1	2/3	1/3
sauerkraut, drained (I like one from Longo)	ml	900	600	300
chicken broth	ml	900	600	300
long grain rice	cup	1	2/3	1/3
bay leaves	unit	1	2/3	1/3
Juniper berries, lightly crushed (optional)	unit	6	4	2

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Recipe

Step 1



- From the night before or 6 hours ahead, wash and dry the chicken legs. Ensure you trim all excess fat but leave skin on.
- Rub with olive oil, salt, pepper, oregano or whatever dry herbs you have on hand.
- Wrap and refrigerate.
- Remove from fridge when ready to cook.

Step 2



- In a big oven proof sauté pan or deep frying pan, heat the 3 or 4 tbs of olive, add the chopped bacon and onion.
- Cook till onion is soft, about 5 minutes.

Step 3



- Add sauerkraut and rice and continue to sauté for about 5 minutes.

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Step 4



- Add chicken stock.
- Add bayleaves, juniper berries and black pepper.

Step 5



- Arrange chicken legs in pan skin side down.
- Bake at 350 degrees F for about an hour.

Step 6



- After an hour when the top of the legs looks done, turn legs over.
- Continue baking for another 30 min. I change my oven to “convection roast” at this point so food can get a nice color.
- Each oven is different, so keep in as long as you need for legs to cook.

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Step 7



- Remove pan from oven.

Step 8



- Serve warm and enjoy.
- **Suggested pairing:** A white wine will contrast nicely with the sauerkraut. Look for a soft, full-flavored unoaked white. Gewürztraminer or Pinot Gris from Alsace are great choices.

I hope you enjoy this easy one-pot dish and look forward to discussing it with you. - *Dina Papadopoulos*