
Chicken Sauce Piquant

*Adapted by Debra Taghehchian based on a recipe in Real Cajun
www.LafayetteTravel.com*

2 chicken breasts with bone & skin
4 chicken breasts with bone & skin
salt (to taste)
red cayenne pepper (to taste)
granulated garlic (to taste)
3/4 cup vegetable oil
1/2 cup all-purpose flour
1 medium onion, diced
3 stalks celery, diced
1 green bell pepper, diced
5 Plum or Roma tomatoes, diced
1 can (14 ounce) diced tomatoes
5 cups chicken broth
4 dashes hot sauce
1/3 cup chopped green onions
1/3 cup chopped parsley

Cut each chicken breast into two pieces. Season all of the chicken pieces well with salt, red cayenne pepper and granulated garlic.

In a non-stick skillet, heat 1/4 cup of oil over medium-high heat. Add the chicken pieces in a single layer. Brown the pieces well. Cook the chicken in two batches, if necessary, as to not overcrowd the skillet. When browned, transfer the chicken to a plate.

In a large Dutch oven over medium-high heat, heat 1/2 cup of oil. Gradually add 1/2 cup of flour. Blend to make a roux. Stir constantly and cook the roux until it has reached the color of peanut butter. Add the onions, celery and green bell peppers. Cook for 5 minutes more.

Add the chicken pieces, tomatoes, broth and hot sauce to the roux mixture. Simmer over low heat for 45 minutes, stirring occasionally, until thickened to a light gravy and the chicken pieces are tender.

Taste and adjust the seasonings. As the name implies, the sauce should be spicy. Add the chopped parsley and green onions. Serve over cooked white rice.

Chicken

Per Serving (excluding unknown items): 2013 Calories; 172g Fat (76.0% calories from fat); 37g Protein; 86g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 4022mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 6 Vegetable; 32 1/2 Fat.