

Mar i Muntanya

Ingredients:

Serves 4 – 6

4 pieces chicken thighs, bone in
4 pieces chicken drumsticks, bone in
1 lb. shrimp, with shells
1 large onion, minced
1 cup dry white wine
2 bay leaves
Fresh ground black pepper, to taste
Celtic sea salt, to taste

For the “molé” or paste:

5 – 6 cloves garlic, rough chopped
1 bunch parsley, leaves only
20 almonds, ground in a spice grinder or processor
2 oz. bittersweet chocolate *(70% or more cacao)
1/2 cup extra virgin olive oil
Pinch of Celtic sea salt

After a swig of wine (or tea), peel and devein the shrimp and save the shells. In a large pot, sauté the minced onion with olive oil on medium heat. While the onion is sautéing, heat up a cast iron pan and brown the chicken pieces for about 2 minutes on each side and season with a little salt and pepper. Place browned chicken on top of the onion.

(If you want to be an exceptional cook, make a quick shrimp stock that will add depth of flavor to your dish. Simply place the shells in a pan with some olive oil and sauté for a minute to release the flavor, add in about 1/2 cup of white wine and 2 cups water. Simmer for 20 minutes, strain and add to the onion and chicken in the pot).

The liquid should just cover the chicken pieces 1/2 way up. Pour in the wine and more water if necessary. Bring to a low simmer and add in the bay leaves plus a few pinches of salt. Cover loosely with a lid and cook for about 45 – 50 minutes until the chicken pieces are tender. During this time, prepare the molé by placing the garlic and parsley in a mortar and pestle. Grind to a paste, adding in the ground almonds towards the end. (You can also use a food processor here, but it’s so much more sensual using a mortar & pestle!) After the paste is formed, stir in the chopped chocolate pieces. Set aside.

When the chicken is tender, add in the peeled shrimp and allow to cook through, about 10 minutes. Stir in the paste or “molé”.

When the chicken is tender, add in the peeled shrimp and allow to cook through, then add the chocolate/almond/parsley/garlic paste into the pot. Mix gently in and be prepared for the heady fragrance that will be released into your kitchen! Check for seasoning; add more salt & pepper if needed. Allow to simmer for another 5 minutes and serve immediately. Great served with saffron scented rice. *Theobroma* literally means “food of the Gods” in Greek. I believe that when you taste this dish, it will bring you a few steps closer to the divine!

Recipe adapted from “Catalan Cuisine” by Andrew Coleman

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