



Pepper Braised Chicken

Chef Jeffery Balfour—Southerleigh

As demonstrated at the 2016 Herb Market

1 whole Chicken, cut in 12 pieces

1 cup flour

½ cup Olive Oil

5 Cloves Garlic, chopped

2 lbs Green Bell Pepper, seeded and cut into thick strips

½ pound Country Ham, cut into large dice

2 large Onions, cut into thick strips

2 ¼ pounds Tomatoes, seeded and chopped

1 cup Chicken Stock

salt and pepper

Heat half of the oil in a Dutch Oven or large pot. Season the chicken with salt and pepper, very lightly dust in the flour. When the oil is hot add the chicken pieces and brown on all sides. Cover, turn down heat and let cook about 10 minutes turning continuously, until crispy. Add the remaining ingredients and simmer, covered for about 30 minutes until Chicken and Vegetables are tender. Adjust seasoning if needed.

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