



Served on a bed of red swiss chard, topped with pomegranate seeds



Pollo en Escabeche

Escabeche (pickling) is one of the oldest known methods of conserving foods. The acid in vinegar and wine is an anti-bacterial agent that helps keep things from spoiling. Wine & vinegar, along with olive oil and spices have been used in Spain for more than a thousand years. Not only does it stabilize & preserve, it also makes things quite tasty.

This method is frequently used with fish and game. It's not unusual to find things like pickled trout, mackerel, rabbit, quail or partridge on restaurant menus. This recipe uses chicken thighs, but almost any meat, fish or fowl can be prepared this way. Again, this is a basic framework to build on and adapt to your taste.

Ingredients

- 2 x boneless, skinless chicken thighs
- 1 x carrot, cut in wheels
- 3 x cloves of garlic (whole, skins intact)
- 1/2 onion, cut in thick slices
- 1/2 leek, cut in wheels
- Spices: 2 bay leaves, 1 clove, 6 pepper corns
- Salt, pepper & flour (for dredging)
- 1/2 cup olive oil
- 1/2 cup wine vinegar
- 1/4 cup white wine
- 1/3 cup water

Preparation

- Salt & pepper the chicken, lightly dredge in flour
- In a sauce pan heat oil until it shimmers, brown chicken on both sides, set aside
- In the same oil on medium heat, lightly sautee carrot, leek, onion and spices. (2 minutes)
- Add wine, simmer for a couple of minutes, then add vinegar, water and the reserved chicken.
- Cover and simmer for 25 minutes (gently so the vinegar doesn't boil off). Flip after 10 minutes so it cooks evenly.
- Cool & store in the fridge with the liquid. It will keep for a week or more.

Serving suggestion: shred or cut the meat in thick slivers, serve on a bed of greens with a scattering of the vegetables, splash on some of the pickling liquid & top with pomegranate seeds or cherry tomatoes.

Note:

1. Works well with chicken breasts, turkey cutlets, pork chops, rabbit, quail (whole), tuna steaks...
2. Try your favorite spices: cayenne pepper pods, chipotle, allspice, fresh chilies, tumeric, sun dried tomatoes, thyme, rosemary, etc.
3. 1/2 cup may seem like a lot of olive oil, but it's a key ingredient for both flavor & preserving. Don't skimp.

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