

Chicken Mc Laren

This is a recipe I came up with for Saturdays. We go to Mass on Saturday so we needed something that could be gotten ready, simmer for a while and then be quick to finish. It's almost like chicken and dumplings with mashed potatoes serving as the dumplings. The name comes from my son's favorite car, the Mc Laren F1.

Prep time: 20 minutes

Cook time: 20 minutes

Inactive cook time: 2 hours (or more)

Serves 6 - 8

Chicken Part:

¼ Cup Olive Oil

5 Boneless Chicken Breasts

3 Ribs Celery, thickly sliced

3 Medium Carrots, thickly sliced

1 Medium Onion, roughly chopped

3 Cloves Garlic

6 Cups Chicken Broth (you can use water, but triple the simmering time)

Sauté the chicken breasts in the olive oil in an 8-quart heavy bottom soup pot over high heat. When browned, remove them and set aside. Put the celery, carrots and onions into the pot. Sauté for about five minutes.

While the vegetables are cooking, shred or cut the chicken. After the five minutes, add the garlic and stir constantly for another 30 seconds. Return the shredded chicken into the pan. Pour in the chicken broth. Bring to a boil, then reduce the heat and simmer for at least two hours (as long as there is liquid, the longer the better).

Mashed Potatoes Part:

5-6 Yukon Gold Potatoes, cut up

4 TBS Butter

¼ Cup (or so) Cream

Bring the potatoes to a boil in salted water. Once they are boiling, cut the heat back to low and let them simmer for at least an hour. About 10 minutes before serving, drain the potatoes and return them to the pan. After about 5 minutes, add the butter. Begin whipping the potatoes and add cream to get them to the desired consistency. Season with salt and pepper, if desired. They should not need seasoning, though.

Final Assembly:

Spoon the mashed potatoes on a plate. Use a slotted spoon or sieve (we have a disk-like thing with holes in it) to place the chicken-vegetable mixture over the potatoes. You will have a lot of broth left over that you can freeze or use for other things.