

EWG's Tip:

Don't want to cook a whole chicken? Instead, you can just make this recipe with a chicken leg, breast or your other favorite parts of the chicken to have just enough for a couple servings.



Cast-Iron Chicken with Preserved Lemon

½ cup olive oil

1 whole chicken, approximately 3 to 4 lbs., cut into 8 parts

½ cup chopped onion

1 tsp garlic, minced

½ tsp thyme, dried

1 tsp crushed red pepper

1 whole preserved lemon, diced, seeds removed

2 cups chicken stock

1 cup fresh flat-leaf parsley, chopped

Preheat the oven to 450 degrees.

Heat ¼ cup of the olive oil in a large skillet and brown the chicken, skin side down, on medium-high heat. **Don't crowd the pan.** When the skin is golden, turn the chicken over to brown the other side. Transfer the skillet to the oven and bake for about 30 minutes, until the chicken is done.

While the chicken is cooking, in a deep skillet, heat ¼ cup of olive oil and brown the onions and garlic. Once the onions have softened, add the thyme, red pepper and preserved lemon. After 5 minutes, increase the heat and add the chicken stock. **Once the stock has come to a boil, reduce the heat and simmer until the chicken is ready to come out of the oven, 25 to 30 minutes.** The sauce should be very thick and reduced by half. Add the chopped parsley.

Remove the skillet from the oven. Add the sauce and stir to incorporate the pan juices. Serve immediately.

Serves 4



Padma Lakshmi is internationally known as an award-winning author, actress, food expert and model. Emmy-nominated Lakshmi is the host and judge on Bravo's Emmy-winning "Top Chef." She has authored several books, including her New York Times best-selling memoir "Love, Loss and What We Ate." She is also co-founder of the Endometriosis Foundation of America.

Cast-Iron Chicken with Preserved Lemon from "Tangy, Tart, Hot and Sweet" by Padma Lakshmi. Copyright © 2007 by Padma Lakshmi. Reprinted by permission of the author.