

## potted chicken

6 chicken legs  
2 tablespoon (30 mL) Ontario canola oil  
Salt and pepper  
2 tablespoons (30 mL) unsalted butter  
1 large onion, diced  
3 carrots, thinly sliced  
3 celery stalks, thinly sliced  
1/2 cup (125 mL) all-purpose flour  
2 1/2 cups (675 mL) chicken stock  
1 1/2 cups (375 mL) whole milk  
1 teaspoon (5 mL) chopped fresh thyme leaves  
1/4 cup (60 mL) dry sherry  
3/4 cup (180 mL) fresh green peas  
2 tablespoons (30 mL) minced fresh parsley  
Salt and freshly ground black pepper

In a medium skillet, heat canola oil to medium high heat. Add chicken legs and cook until browned on all sides, about 6 minutes.

Remove from skillet, season with salt and pepper and set aside.

In a large skillet, melt butter on medium heat.

Add the onions, carrots and celery, and cook until the onions are translucent, about 10 minutes.

Add the flour and cook, stirring, one minute more.

Whisk in chicken stock and milk.

Decrease the heat to low and simmer for 10 minutes, stirring often.

Meanwhile, preheat oven to 400F (200C).

Add the thyme, sherry, peas, parsley, salt and pepper to the vegetables and stir well.

Taste and adjust seasoning if necessary.

Place 1 chicken leg inverted (knuckle side down) in each of 6 10-ounce ramekins, and top with vegetables. Bake for 25 minutes, or until the filling is bubbling. Let cool for at least 5 minutes before serving.

SERVES:  
6

SEASON:  
November,  
December

SERVE WITH:  
Henry of Pelham  
Winery  
Pinot Blanc,  
www.  
henryofpelham  
winery.com



Cheryl and Barney Barnes run an 8-acre farm on Seventh Street Louth on the brimming edge of St. Catharines. Inn the Pines is the incredibly busy fruit stand on the property right in front of the market garden in full view of customers, reminding them where their fresh vegetables are coming from. If Cheryl happens to run out of something, she just picks it fresh for you. Rows of salad greens and vegetables are grown in strip beds and crops are rotated so they don't have to be sprayed. The vegetables and herbs are delicious and grown naturally, a perfect accompaniment for this chicken dish. Cheryl sells her produce from her busy stand along with fresh eggs from the 60 laying hens she raises.

Inn the Pines, 1320 Seventh Street Louth, St. Catharines.