

"Un-Fried" Chicken with Kale Gravy and Sweet Potatoes

Serves 3

5 cups Low-Sodium chicken broth
5 cups roughly chopped kale, washed
1 medium vidalia onion, diced
6 cloves garlic, roughly chopped
1 cup white wine
1 bunch thyme, tied into a bundle with butcher's twine
6 chicken thighs, skin removed

1 cup white wine
1/4 cup cornstarch
1 small bunch fresh chives, chopped

3 medium sweet potatoes

2 quarts grapeseed oil
3 cups soy flour
2 tablespoons paprika
1 tablespoon celery salt
2 tablespoons black pepper
1 teaspoon salt
1 teaspoon cayenne pepper
3 cups lowfat buttermilk

Tabasco sauce to taste

1. Bring first 6 ingredients to a low simmer in a dutch oven or large pot. Season with salt and pepper. Add chicken thighs to the pot and push them down to make sure they are submerged in the liquid. Cover with a lid and gently simmer for 40 minutes or until tender. Remove thighs from liquid and set aside to keep warm.
2. To make gravy, bring kale liquid to a boil. In a small bowl, whisk remaining 1 cup white wine into the cornstarch to make a slurry. Whisk slurry mixture into the boiling kale/broth mixture. Simmer until thickened, about 3 minutes and add chives. Adjust seasoning, if necessary.
3. Prick sweet potatoes with a fork and microwave for about 7 minutes, or until tender.

4. Meanwhile, bring grapeseed oil to 400 degrees F in a large pot with high sides. In a large baking dish, combine soy flour with paprika, celery salt, black pepper, salt, and cayenne and mix well. In a large bowl combine warm chicken thighs with buttermilk to coat. Next, dredge thighs in the soy flour mixture. Repeat process one more time to double coat the chicken. Shake off excess flour.

5. Fry chicken, 3 pieces at a time, for about 30 second to 1 minute, or until golden brown. Drain on a roasting rack or paper towels. Serve chicken with kale gravy, sweet potatoes and tabasco sauce if desired.