

# Chicken with Vegetables (Gaina con Zarzavat)

A simple dish worthy of an epicurean palate. The steam from the vegetables rises to enhance the flavor of the chicken, while the luscious chicken juices seep down into the fresh vegetables. For best results, remove whatever fat may be on the chicken.

3 tablespoons light vegetable oil  
1 large chicken, cut into serving pieces  
1 onion, chopped coarsely  
2 red peppers, seeded, and sliced in rings  
2 green peppers, seeded and sliced into rings  
2 stalks celery, chopped

4 ripe tomatoes, peeled, seeded and sliced  
2 cloves garlic, crushed  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon sugar  
 $\frac{1}{2}$  cup water  
3 tablespoons chopped dill  
freshly ground pepper

In a heavy (lidded) skillet or flameproof casserole, heat the oil and saute the chicken pieces lightly. Remove with a slotted spoon and set aside. Add to the same oil the chopped onion, the peppers, celery, tomatoes and crushed garlic. Cook for a few minutes, until the vegetables soften, and add the salt and sugar.

Arrange the pieces of chicken on the vegetable bed. Add  $\frac{1}{2}$  cup water, cover and simmer until tender, about 30–40 minutes.

When ready, arrange on a serving dish, sprinkle with chopped dill, grind over some pepper, and serve with boiled potatoes or rice, with pickled vegetables alongside.

Serves 6–8.