



sharing our Greek culinary heritage

Foti's Karkaletso

(Chicken and Sauerkraut Stew from Argos Orestiko, Kastoria)

For the Karkaletso you will need...

100g salted butter
100ml extra virgin olive oil
1 medium onion finely chopped
8 chicken chops
1 litre chicken stock
1 ½ tablespoons smoked paprika
1.4kg sauerkraut, partially drained
1 - 1 ½ cups medium grain rice
Salt to taste

Preparing the Karkaletso

- Heat the olive oil and butter in a large pot on medium-high heat
- Add the onions and cook till translucent
- Add the chicken pieces. Lightly brown them on both sides
- Add the paprika, mix and cook through a little
- Add the chicken stock. Bring to a boil; then reduce and simmer for half an hour
- Add the sauerkraut. Raise the heat to bubbling and then reduce to a simmer for a further 10-15 minutes
- Add the rice. Raise the heat to bubbling and then reduce to a simmer and continue to cook until the rice is cooked through
- Test for salt and season to taste

Serving the Karkaletso

- Serve the karkaletso warm with a few good turns of cracked pepper, a drizzle of EVOO and a generous dollop of Greek yoghurt. For some extra zing, you can squeeze some lemon juice on it too!
- 6-8 servings

Key Points

- Chicken chops are also known as 'chicken thighs with bones'
- The sauerkraut will have salt in it, so depending on your seasoning preference, you may or may not want to add additional salt
- If the fluids are completely reduced and the rice hasn't cooked through yet, add 1/2 cup of boiled water at a time and continue to simmer the dish till the rice has cooked. You may need to adjust your salt seasoning with the addition of extra water
- Depending on how dry or brothy you would like the dish to be, you can adjust the rice quantity to achieve your preference. Use 1 cup of rice if you prefer a brothy dish or 1 1/2 cups of rice if you prefer a 'drier' dish
- You can easily switch out the sauerkraut for finely sliced fresh cabbage, if you want a less acidic finish to this dish
- Recipe can be halved easily too