

Fricassea Di Pollo E Asparagi

Ingredients:

- * 1 kg Chicken, cut into quarters
- * 40 g Canned and peeled fava beans
- * 1 Lemon
- * Rosemary
- * Chicken stock
- * Salt
- * White pepper
- * Olive oil
- * 400 g Canned and peeled sbollentati and pelati asparagus
- * 400 ml Dry white wine

Steps:

1. Preheat the oven to 240°C (464°F).
2. Remove necks, wings, and legs from the chicken, then place the chicken skin-side up on a stovetop grill.
3. Remove the chicken from the grill or pan, then place it skin-side up in a baking dish. Add 1/4 of a lemon.
4. Cover the dish with foil and bake for 30 minutes.
5. Remove the foil, add 1/4 cup of chicken stock, 1/4 cup of white wine, and 1/4 cup of meat extract. Cover.
6. Remove the foil, add 1/4 cup of canned and peeled sbollentati and pelati asparagus, 1/4 cup of canned
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10. Serve the chicken and asparagus fricassee hot.