

## Stewed Okra with Creole Chicken

Recipe courtesy of Emeril Lagasse

Yield:4 servings

### Ingredients

1 fryer chicken, about 3 to 3 1/2 pounds cut into 8 pieces  
Emeril's Creole Seasoning  
1/2 cup flour  
1/3 cup olive oil  
2 pounds okra, washed, stems removed, and slice into 1/4-inch rounds  
3 cups julienned onions  
2 cups chopped celery  
3 cups chopped tomatoes  
5 bay leaves  
2 tablespoons minced garlic  
2 cups dry white wine  
1 teaspoon dried thyme leaves  
Pinch cayenne  
Salt and black pepper  
Garnish  
1/4 cup grated Parmigiano-Reggiano cheese  
2 tablespoons chopped green onions

### Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried leaf oregano  
1 tablespoon dried thyme

### Directions

Season the flour and chicken pieces. Toss the chicken with the flour. In an oven proof pan, heat the olive oil. Sear the chicken for 3 to 4 minutes on each side. Add the remaining ingredients. Season with salt and pepper, Cover the pot with a lid. Bake in a preheated 350 degree F for 1 1/2 to 2 hours, or until the slime has disappeared. Bake uncovered for the last 15 minutes. Place the chicken on a platter. Spoon the okra and tomatoes over the chicken. Garnish with cheese and green onions.

### Essence (Emeril's Creole Seasoning):

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch. Published by William and Morrow, 1993.