

## Chicken, Rosemary and Pear Stew

### Stock:

- half a chicken
- half an onion, roughly diced
- 2 celery sticks, roughly chopped
- 2 carrots, peeled
- 2 bay leaves
- 1 tsp. salt

### Stew:

- half an onion, sliced
- 3 cloves of garlic, grated
- 2 rosemary sticks, leaves removed and finely chopped, plus one stick left whole
- 1 pear, peeled and diced
- 2 carrots, peeled and sliced thickly
- 1 large potato, peeled and diced
- 3 tomatoes

### Method:

- Make the stock by placing all of the ingredients into a deep pan with 2 pints of cold water, or enough to cover the chicken. Bring to a boil and simmer for 40 minutes.
- Once cooked, using a colander, carefully drain the stock into another dish. Set aside the chicken and veggies to cool a little.
- Add olive oil to the pan, sauté the onions until softened then add the garlic and the chopped and whole rosemary. Cook for a few minutes, you will start to smell an amazing aroma.
- Add the pears and carrots and cook for a few minutes more.
- Pour in the drained stock, add diced potatoes and any other veggies you would like. Let this simmer until the potatoes are soft.
- Meanwhile, from the stock, discard the celery. Place the carrots and onions from the stock into a blender, along with some soft potatoes from the stew, a few pears and some juice. Blend, and add back into the stew, this will make it a little thicker without adding flour.
- Shred the chicken and add to the stew.
- Add the diced tomatoes and mix well. Let this all bubble for another 5 minutes.
- Serve with a drizzle of extra virgin olive oil, cracked black pepper and some crusty bread.