GEORGIAN · LUNCH · DINNER

Chakhokhbili (Georgian Chicken and Tomato Stew)

Чахохбили

80 min · Serves 7 · 421 kcal a serve · Video 14:53 in Russian · Georgian kitchen

Gluten-free ingredients · No nuts listed

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About 31 g protein and 19 g net carbs a serve, with nearly 6 g fibre: chicken stewed in a big pot of onions and fresh tomatoes, finished with basil, coriander, parsley and garlic.

Ingredients 15 · SERVES 7

- [ ] 3¼ lb **chicken**, in portions on the bone (take the skin off a supermarket chicken)
- [ ] 1½–1¾ oz **butter** (about ¾ oz to brown the chicken, ½–¾ oz to finish)
- [ ] a little **sunflower oil**
- [ ] 2¼ lb **onions**, in medium half-rings
- [ ] 3¼ lb **very ripe soft tomatoes**, peeled and crushed by hand
- [ ] 1 tsp **Imeretian saffron** (ground marigold petals), or a small pinch of turmeric
- [ ] 1½ tsp **paprika**
- [ ] a little **hot pepper**, to taste
- [ ] 2 tbsp **tomato paste**
- [ ] about 1½ tsp **sugar**
- [ ] **salt**, to taste
- [ ] 1 oz **fresh basil**
- [ ] 1 oz **fresh coriander**
- [ ] 1 oz **fresh parsley**
- [ ] 5 **garlic** cloves, finely chopped (not crushed)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into portions. A farm chicken keeps its skin; take the skin off a supermarket one. 1:31
2. Melt about ¾ oz butter with a little sunflower oil in a wide pot and brown the chicken, skin side down first, until golden on both sides. 2:10
3. Slice the onions into medium half-rings. Lift out the chicken, add the onions to the same pot, turn the heat down, cover and cook until soft, see-through and halved in volume. 3:13
4. Score the tomatoes, slip off the skins, cut out the stems and crush them by hand into rough pieces. 5:37
5. Return the chicken to the onions, add the Imeretian saffron (or a pinch of turmeric) and stew for 5 minutes. 7:37
6. Meanwhile chop the basil, coriander and parsley, and chop the garlic finely with a knife. 8:42
7. Add the tomatoes, cover and simmer for 15 minutes; stir in the paprika, hot pepper and tomato paste for 5 minutes, then the sugar and salt — carefully — for 10 minutes more. 9:39
8. Stir in ½–¾ oz butter, then all the herbs and garlic. Turn off the heat, cover and leave for 5 minutes before serving. 11:31

> **Tip** Serves about 7 (the cook doesn't say). Very ripe tomatoes crushed by hand give the right chunky sauce. Georgians mop it up with bread; on its own it's a low-carb, vegetable-rich stew.

The method is a summary in our words, in English — the video (in Russian) shows every step.

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
421 kcal	31 g	24 g	5.7 g	23 g	510 mg
1,760 kJ	61% of a day	19 g net · 13 g sugars	20% of a day	7.7 g saturated	22% of a day
		9% of a day		30% of a day	

Energy from net carbs 19% · protein 30% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 103% · Vitamin C 53% · Selenium 48% · Vitamin B6 43% · Zinc 28% · Vitamin A 26% · Potassium 23% · Folate 20%

Source of (10–19%) Omega-3 18% · Magnesium 17% · Iron 16% · Vitamin E 16% · Vitamin B12 15%

Recipe and video: Georgian kitchen on YouTube — youtube.com/watch?v=8cBBlhI463k. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chakhokhbili-georgian-chicken-tomato-stew