EASTERN EUROPEAN · LUNCH · DINNER

Ostropel de Pui (Romanian Chicken in Garlic Tomato Sauce)

Ostropel de pui

50 min · Serves 3 · 465 kcal a serve · Video 6:07 in Romanian · Retetele Mihaelei

Nut-free

About 37 g protein and 14 g net carbs a serve: browned chicken drumsticks in a garlicky tomato sauce thickened with just one spoonful of flour.

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Ingredients 13 · SERVES 3

- [ ] 6 **chicken drumsticks** (ciocănele)
- [ ] a little **oil**, for browning (about 1 tbsp)
- [ ] 30 g **butter**
- [ ] 1 medium **onion**, thinly sliced
- [ ] 4 large **garlic** cloves, very thinly sliced
- [ ] 1 scant tbsp **plain flour** (15 g)
- [ ] 250 ml **tomato passata**
- [ ] 250 ml **water**, mixed with the passata
- [ ] 1–2 tbsp **vinegar**, to taste
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] **dried thyme**, to taste
- [ ] chopped **parsley**, to serve

Contains: Gluten, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut a slit through the thickest part of each drumstick, right through beside the bone, so the heat reaches the middle and the meat cooks through. 1:03
2. Heat a wide frying pan well, add a little oil and the drumsticks. Cook over medium heat with the lid set ajar, turning now and then, so they brown slowly on all sides while you make the sauce (about 30 minutes). 1:22
3. In a second pan over very low heat, melt the butter and add the sliced onion. Let it soften slowly without browning, stirring now and then, until soft and glassy. 2:07
4. Add the thinly sliced garlic and cook it gently for a few minutes until the kitchen smells of garlic — don't let it brown. 3:17
5. Stir in the flour just until it soaks up the butter, then add a splash of the passata-and-water mix and turn the heat up. Once it thickens, add more liquid, and repeat until it is all in. 3:43
6. Season the sauce with salt, pepper and thyme, then add 1–2 tbsp vinegar to give it a gentle sourness. 4:29
7. Check the chicken is cooked to the bone. Blot the excess oil from its pan with paper towel, pour the sauce over the drumsticks, simmer a few minutes (thin with a little water if needed) and scatter with parsley. 5:04

> **Tip** Six drumsticks serve about 3 (the cook doesn't say). Boneless thighs, turkey or pork work too. In Romania it's often eaten with mashed potato or polenta; a green salad or steamed greens keep it lighter.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
465 kcal	37 g	17 g	2.6 g	27 g	550 mg
1,940 kJ	74% of a day	14 g net · 6.4 g sugars 6% of a day	9% of a day	9.4 g saturated 35% of a day	24% of a day

Energy from net carbs 13% · protein 33% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 63% · Vitamin K 46% · Vitamin B6 42% · Zinc 36% · Omega-3 36% · Vitamin B12 22%

Source of (10–19%) Vitamin C 19% · Vitamin A 17% · Iron 16% · Vitamin E 16% · Potassium 14% · Magnesium 12%

Recipe and video: Retetele Mihaelei (@ReteteleMihaelei) on YouTube — youtube.com/watch?v=TbAurqk4TwI, published 11 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/ostropel-de-pui