

## SCARLETT'S CHICKEN & RICE

### ingredients:

- 1 large chicken left whole (best case scenario, this would be an old tough bird/laying hen)
- cool water to cover
- 1 yellow onion (peeled and split)
- 1 bay leaf
- 3 sprigs thyme
- kosher salt
- freshly ground black pepper
- 2 cups white rice (mom swears by Uncle Bens, I like Carolina Gold)
- 3 Tbsp. butter

### directions:

- Put your bird, the split onion, thyme, and bay leaf in a large, heavy-bottomed pot. Cover the bird, just barely with cool water.
- Add 2 Tbsp. salt and 2 tsp. black pepper to the pot. Cover and bring it all up to a simmer. Cook for about an hour or until the bird, in my mom's words, is "falling to pieces." If this is a typical young chicken this should not take any longer than an hour and a half. If it is a laying hen, it could take up to 5 hours. I know that is crazy, but a hen will provide a much better broth.
- Once the bird is "falling to pieces" turn off the heat and let her rest in the broth for 30 minutes.
- Remove and reserve the bird. Discard the onion, bay leaf, and thyme.
- Tear the chicken meat into medium pieces and add it back to the pot.
- Bring the broth and the chicken up to a simmer. Add the rice. If you are a rice rinser, resist the urge here, as the starch helps make the broth homey and rich.
- Cook the rice for about 12 minutes, depending on the variety or brand the time could vary. The rice should be just cooked through and should absolutely hold its shape.
- Turn off the heat. Add your butter. Taste for seasoning and adjust with additional salt or pepper.

Recipe courtesy [A Chefs Life](#)