

## Poached Chicken with Pistachio Sauce



Serves 8-10

### Ingredients

- 2 whole chickens cut into serving pieces or 7 chicken parts, (1.5 kg)
- 12 cups of water
- 2 carrots peeled and cut into large pieces
- 1 celery stalk cut into large pieces
- 1 small white onion quartered
- 2 large parsley or cilantro sprigs
- 1 bay leaf
- 1¾ teaspoons fine salt divided, or 3½ teaspoons kosher salt
- 2½ lbs poblano chiles
- 6 tablespoons sesame seeds unhulled
- 3 tablespoons chile seeds (from any non-smoked dried chile-like ancho or pasilla)
- 1 cup shelled unsalted roasted pistachios loose skins removed, 4½ ounces
- 2 small fresh Serrano chiles, coarsely chopped, including seeds
- 2 small garlic cloves peeled
- ½ teaspoon aniseed
- 2 tablespoons mild olive oil or vegetable oil
- ½ cup poached chicken, including 4 to 5 cups of chicken stock
- 1 small avocado leaf
- 4 avocados peeled, pitted and diced

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### Preparation

1. Put the chicken pieces in an 8-quart pot with the water, carrots, celery, onion, parsley, bay leaf and 1 tsp salt. Bring the water to a simmer over high heat, skimming any foam from the surface as necessary. Reduce the heat and simmer until the chicken is just cooked through, about 30 minutes.
2. Remove the chicken pieces from the stock. When they're cool enough to handle, remove the skin from the chicken, if desired. Strain the stock into a wide bowl, discarding the vegetables and herbs.
3. You can keep the chicken in the stock and refrigerate it up to two days. You can also separate the two and keep the stock in the refrigerator for up to five days, or in the freezer for three months. Be sure to let the meat and stock cool uncovered first.
4. For the pistachio sauce, turn 1 or 2 burners on the stove to high and roast the poblano chiles on the racks of the burners (or directly on the element of an electric stove), turning frequently with tongs, until they are blistered and charred all over, 4 to 6 minutes. Put the poblanos in a bowl and cover with a plate to sweat, 15 to 20 minutes.
5. Rub off the skin from the poblano chiles with a paper towel or your fingers, then cut them open lengthwise. Cut out the seed pods, veins, and stems, and lay the chiles flat. Wipe the chiles clean of seeds, discard the seeds, and tear the chiles into large pieces.
6. Heat a small heavy skillet over medium heat and toast the sesame seeds and chile seeds, stirring and tossing constantly, until they're fragrant and a shade darker, about 4 minutes.

