



## Smoked Paprika Hen

### Ingredients

1 whole chicken cut up (about 10 pounds)  
Olive oil for drizzling on chicken (about 2 Tbsp)  
Olive oil for roasting vegetables (approximated  $\frac{1}{4}$  cup)  
Pink Himalayan Salt to taste (for roasted vegetables)  
Organic Coconut oil for searing chicken  
 $\frac{1}{4}$  cup balsamic vinegar  
 $\frac{1}{4}$  cup chardonnay or your favorite white wine (optional)  
1 quart + 2 cups of water  
4 Tbsp irish moss gel

### Ange'luscious Authentic Smoke Paprika Spice Blend

1 Tbsp pink Himalayan salt  
2 Tbsp smoked paprika  
1 Tbsp ground coriander  
1 Tbsp ground fennel  
1 Tbsp ginger powder  
 $\frac{1}{4}$  tsp cumin  
Cayenne pepper to taste  
Whisk to combine

### Vegetables

2 sweet onions quartered  
8 oz mini bell peppers (about 8)  
1 head of garlic (slice off the top)  
2 campari tomatoes quartered  
A sprig of thyme

White Vinegar and water to wash chicken (optional)  
Paper Towels



### Instructions:

Fill a glass or stainless steel bowl with water. Add  $\frac{1}{4}$  cup of white vinegar. Add Chicken and allow to sit for approximately 3 minutes. Remove and rinse chicken in cold water. Drain water from chicken.

On a sheet pan, layer paper towels to cover the surface. Place chicken without overlapping each other onto the paper towels. Add another sheet of paper towel to completely cover all the chicken. Gently pat, so paper towels can absorb the liquid. Then remove and discard paper towel. Wipe away any excess liquid that was not absorbed.

Drizzle olive oil onto chicken and massage. Generously sprinkle spice blend onto one side of the chicken. Turn chicken pieces on the other side and do the same. Rub spice into the chicken if you wish.

### Roasting the vegetables:

Preheat oven to 450 F. In dry cast iron skillet, add the onions, tomatoes, bell peppers and garlic. Drizzle liberally with olive oil. Add pink Himalayan salt to taste. Toss to coat with olive oil and salt. Place in oven and roast for approximately 30 minutes. Remove and set aside.

Add coconut oil to skillet. In batches, sear chicken on each side, (approximately 3 minutes). Remove and transfer to a plate. Once all chicken pieces are seared, return them to the skillet. Add chardonnay to deglaze. Add water to skillet and bring to a boil. Reduce heat, cover skillet and allow chicken to simmer until cooked, (approximately 45 minutes to 1 hour). Cooking time varies. Add thyme, balsamic vinegar and roasted vegetables. Cover and simmer for 10 minutes then add irish moss gel and stir until dissolved. Taste and adjust seasoning to your liking. Baste chicken and roasted vegetables with juices. Serve and enjoy!

PS. If you have any spice blend remaining, save it for another dish, or use some at the end if you feel the need to adjust the flavors.

### Be blessed!