

Chicken Jallop



1 3.5 to 4 pound frying chicken
1 cup all-purpose flour
2 medium onions, diced
4 stalks celery, diced
1/4 green bell pepper, diced
1 pod red chili pepper

1 bay leaf
2 cloves garlic, finely chopped
1 stick butter or margarine, melted
1 can cream of mushroom soup
Salt and pepper to taste

For serving:
hamburger buns
butter

Place chicken in pressure cooker with 1 cup water. Cook for 12 minutes after pressure cooker achieves a seal and weight begins to rock gently. Cool immediately to release pressure. Allow chicken to cool enough to handle, then remove all skin and bones. Set meat aside. Reserve all liquid remaining in pressure cooker. (Note: if you do not want to use a pressure cooker, simply cook the chicken in enough water to cover until done. Reserve 2-3 cups of cooking liquid. Remove meat from skin and bones and proceed with recipe.)

While chicken is cooking, preheat oven to 350 degrees. Place flour in a cast iron skillet and cook in oven, stirring frequently, until lightly browned. Set aside.

To the stock, add onions, celery, green pepper, red chili pepper, bay leaf and garlic. Cook over medium heat for approximately 10 minutes. Add all the reserved meat to the pan.

In a medium bowl, combine melted butter or margarine, cream of mushroom soup and browned flour. Mix well to combine. Add to the hot mixture stirring well. Reduce heat and simmer for one hour.

When ready to serve, remove bay leaf and red chili pepper. Open hamburger buns and spread each side with butter or margarine. Place under broiler until toasted. Place two bun halves in a bowl. Pour jallop over the buns and serve immediately.

Enjoy!

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