

How to Make Authentic Poulet Basque (French Chicken Stew with Peppers)

Poulet Basque (Basque Chicken with Peppers & Tomatoes)



TIME
7 min

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INGREDIENTS

- 4 chicken thighs (or chicken breasts)
- 2 red bell peppers
- 2 yellow bell peppers
- 2 ripe tomatoes
- 1 onion
- 3 garlic cloves
- 1 tbsp sweet paprika
- 1 tsp Espelette pepper (optional, for heat)
- 1 bouquet garni (bay leaf, thyme sprig, etc.)
- 250 ml (1 cup) chicken broth or water
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and black pepper, to taste
- Fresh chopped parsley, for garnish

DIRECTIONS

1. **Prep the Vegetables:** Slice the bell peppers into strips.
2. **Score the tomatoes** and blanch them in boiling water to peel easily. Dice them.
3. Thinly slice the onion and finely chop the garlic.
4. **Brown the Chicken:** Heat olive oil in a large skillet or Dutch oven over medium heat.
5. Brown chicken pieces on both sides for 5-7 minutes until golden. Season with salt and pepper.
6. Remove and set aside.
7. **Cook the Vegetables:** In the same skillet, add the onion and garlic. SautØ for 3-4 minutes until translucent.
8. Add bell peppers and cook for 5 minutes until slightly softened.
9. **Build the Sauce:** Add diced tomatoes, paprika, Espelette pepper (if using), and bouquet garni.
10. Simmer on low for 5 minutes until the tomatoes break down into a sauce.
11. **Simmer the Chicken:** Return the chicken to the pan, skin-side up.
12. Pour in the chicken broth and balsamic vinegar.
13. Cover and simmer gently for 30-40 minutes, until the chicken is tender and infused with flavor.
14. **Finish & Serve:** Taste and adjust seasoning if needed.
15. Garnish with chopped parsley.
16. Serve hot with rice, couscous, or steamed potatoes.

