

**Chicken on Pita**  
Bread Muschan

**INGREDIENTS:**

Servings: 2 people

Chicken cut into fours	about 1 3/4 lb
or a small whole chicken	1
Olive oil	2 tbs
Salt and Pepper	to taste
Onion	1
Bell pepper	1
Carrot	1
Garlic cloves	1-2
Celery stalks	1-2
Chicken stock	1/2 cup
Pine nuts	1 tbs
Sumac	1 tsp
Ground allspice	1 tsp
Pita bread pockets	2
Chopped parsley	for garnish
Lemon wedges	for garnish

Servings: 4 people

Chicken cut into fours	about 3 1/2 lb
or a small whole chicken	2
Olive oil	1/4 cup
Salt and Pepper	to taste
Onions	2
Bell pepper	1
Carrot	2
Garlic cloves	3
Celery stalks	3
Chicken stock	1 cup
Pine nuts	3 tbs
Sumac	1 tbs
Ground allspice	2 tsp
Pita bread pockets	4
Chopped parsley	for garnish
Lemon wedges	for garnish

Servings: 6 people

Chicken cut into fours or a small whole chicken	about 5 1/4 lb 3
Olive oil	1/4 cup
Salt and Pepper	to taste
Onions	3
Bell pepper	1-2
Carrot	3
Garlic cloves	4-5
Celery stalks	4-5
Chicken stock	1 1/2 cups
Pine nuts	1/4 cup
Sumac	1 tbs
Ground allspice	1 tbs
Pita bread pockets	6
Chopped parsley	for garnish
Lemon wedges	for garnish

Servings: 8 people

Chicken cut into fours or small whole chickens	about 7 lb 4
Olive oil	1/2 cup
Salt and Pepper	to taste
Onions	4
Bell peppers	2
Carrots	4
Garlic cloves	6
Celery stalks	6
Chicken stock	1 pint
Pine nuts	1/4 cup

Sumac	2 tbs
Ground allspice	1 1/2 tbs
Pita bread pockets	8
Chopped parsley	for garnish
Lemon wedges	for garnish

Servings: 10 people

Chicken cut into fours or small whole chickens	about 8 3/4 lb 5
Olive oil	1/2 cup
Salt and Pepper	to taste
Onions	5
Bell peppers	2-3
Carrots	5
Garlic cloves	7-8
Celery stalks	7-8
Chicken stock	1 1/4 pints
Pine nuts	1/2 cup
Sumac	2 tbs
Ground allspice	2 tbs
Pita bread pockets	10
Chopped parsley	for garnish
Lemon wedges	for garnish

Servings: 12 people

Chicken cut into fours or small whole chickens	about 10 1/2 lb 6
Olive oil	1/2 cup
Salt and Pepper	to taste
Onions	6

Bell peppers	3
Carrots	6
Garlic cloves	9
Celery stalks	9
Chicken stock	1 1/2 pints
Pine nuts	1/2 cup
Sumac	3 tbs
Ground allspice	2 1/2 tbs
Pita bread pockets	12
Chopped parsley	for garnish
Lemon wedges	for garnish

**TOOLS:**

Chef's knife  
Cutting board  
Cutlet bat  
Baking dish  
Small knife  
Frying pan  
Wooden spoon

**INFO:**

A fascinating combination of the modern and antique kitchen, with tastes that are appropriately suited to any late twentieth century table.

**TIME:**

prep time : 00:45

cook time : 00:40 - 00:50

**PREPARATION:**

Preheat the oven to 375° F.

Flatten the chicken pieces with a cutlet bat. Rub the chicken pieces with some of the olive oil, salt and pepper. Put the chicken in a baking dish, and bake until done and golden brown, about 30-40 minutes. Remove the chicken from the oven, then lower the oven to 350° F.

While the chicken is in the oven:

Peel and cut the onions into 1/8 inch slices. Core and julienne the bell pepper. Peel and julienne the carrots. Peel and slice the garlic. Trim and julienne the celery. Heat the rest of the oil in a frying pan. Sweat the onion for 3-4 minutes. Add the rest of the vegetables and cook for 5 minutes. Add the stock and continue cooking until the vegetables are tender. Add the pine nuts and the spices.

Divide the vegetables into equal portions and spread over the pita bread. Put a piece of chicken on each plate. Pour the cooking liquid over the chicken and pita bread and bake in the oven for 6-8 minutes. Serve hot sprinkled with chopped parsley and a lemon wedge.