

GOOD²GO

MAGNOLIA • HOMEGROWN • RECIPES



In honor of our nation's 250th birthday, we're elevating 'heritage' with a nod to those large Lowcountry family gatherings which meant one thing to so many: a massive, steaming pot of Chicken Bog. Traditionally, this deeply comforting dish involves simmering a whole chicken for hours until it falls off the bone, then cooking the rice right in the rich, fatty broth

along with peppery smoked sausage. It is hearty, unapologetically simple, and designed to feed a crowd.

However, for our new format, we are adapting this regional staple for the busy Magnolia Point home cook. By utilizing a few smart shortcuts, we can capture the savory, stick-to-your-ribs essence of a classic bog without spending all afternoon hovering over the stove. It is the perfect one-pot meal that puts the 'comfort' in 'comfort food'.

The 'Good 2 Go' Fast Fact: Using a pre-cooked rotisserie chicken and quick-browning smoked turkey sausage cuts hours of simmering down to just 30 minutes! This lean protein swap also makes the dish lighter and more nutritious while keeping all that signature smoky flavor!

QUICK LOWCOUNTRY CHICKEN BOG

INGREDIENTS

- 1 pre-cooked rotisserie chicken, meat pulled and shredded (about 3 cups)
- 1 lb. smoked turkey sausage (or kielbasa), cut into 1/4-inch rounds
- 1 medium yellow onion, finely chopped
- 2 stalks celery, finely chopped
- 1 tbsp olive oil or butter

Continued



- 4 cups low-sodium chicken broth
- 1 1/2 cups long-grain white rice (uncooked and rinsed)
- 1 tsp garlic powder
- 1 tsp black pepper (a traditional bog is quite peppery!)
- Salt to taste
- Optional: Fresh parsley for garnish



DIRECTIONS Heat the olive oil or butter in a large Dutch oven or a heavy-bottomed pot over medium-high heat. Add the sliced smoked sausage and cook until it is nicely browned on the edges, which usually takes about 5 minutes. Remove the sausage with a slotted spoon and set it aside, leaving the flavorful drippings in the pot.

Add the chopped onion and celery to the pot. Sauté them in the sausage drippings until they are soft and translucent, about 4 to 5 minutes. Stir in the garlic powder, black pepper, and your rinsed white rice, toasting the rice in the mixture for just a minute to absorb the flavors.

Pour in the chicken broth and return the browned sausage to the pot. Bring to a rolling boil, then immediately reduce the heat to low. Cover tightly with a lid and let simmer undisturbed for 20 minutes, until the rice is tender and has absorbed most of the liquid.

Remove the pot from the heat. Gently fold in your shredded rotisserie chicken, replace the lid, and let it sit for another 5 minutes so the chicken warms through and the starchy rice settles into that classic, slightly wet "bog" texture. Serve hot in deep bowls, garnished with a little fresh parsley if you like some color.



RECIPE, PHOTOS: EDITOR

