

Chicken Fricassée



Serves: 4 | Prep: 20 min | Cook: 1 hr | Source: #ParlezPantry

A Fricassée is a traditional French dish, which in essence is a very quick chicken stew with a pale, creamy mushroom sauce.

This could be thrown together in minutes for a midweek meal or enhanced should you so wish when you have more time on your hands for instance by means of a homemade chicken stock. The make-up of this is similar to Coq au Vin yet far speedier.

Ingredients

Fricassée:

- 8 chicken (thighs, skin on, with or without bone)
- 1 tsp salt
- ½ tsp pepper (black)
- 60 g butter (unsalted)
- 300 g mushrooms (halved)
- 2 onions (white, sliced)
- 2 garlic clove (minced)
- 1 bay leaf
- 3 thyme sprigs

Sauce:

- 3 tbsp flour (plain)
- ½ cups wine (white, or extra stock)
- 3 cups stock (chicken)
- ¼ tsp pepper (black)
- 2 tbsp parsley (chopped)
- ⅔ cup cream (double)

Notes

Best served and shared with friends and family.



Method

1. To season the chicken take some kitchen roll and pat the chicken dry then sprinkle with your salt and pepper.
2. Brown the thighs by melting a little butter over a medium high heat in a heavy skillet, Dutch oven or similar. Add the chicken thighs, skin side down, and cook for 4 to 5 minutes until they begin to turn golden brown. Turn them over and cook the other side for 1 minute then remove to a plate and set aside.
3. Add the mushrooms, onion, bay leaf and thyme. Sauté the mushrooms and the onion and cook for a further 5 minutes until the mushrooms are slightly golden in colour.
4. Add the garlic and cook for 40 to 60 seconds then add the flour and cook for a further 60 to 90 seconds.
5. Add the wine and chicken stock whilst stirring, and gently lifting and scraping the base of the pan to dissolve the brown residue stuck to the bottom, the fond, into the sauce. Colour equates to flavour.
6. Return the chicken to the pan the skin side up.
7. On a medium to low heat simmer the uncovered pot for 10 minutes then adjust the heat so that it's on a low constant, but not rapid bubbling. Cover the pot with the lid and simmer for a further 10 minutes. Everyone's oven and hob is different so the decision really is yours.
8. Remove the lid and let it simmer for a further 20 minutes. The chicken will be cooked through but if you wish you are seeking an internal temperature of 74°C.
9. Remove the chicken and set aside on a plate. Add the cream and stir through. Once the pan comes back up to a simmer, taste the sauce and season as required.
10. Return the chicken to the sauce, stir and then remove from the hob. Sprinkle with parsley and serve!