

Chicken Fricassée (quick French chicken stew)

This traditional French dish is essentially a quick chicken stew with a creamy white mushroom sauce.

Ingredients:

4 chicken drumsticks, skin-on and bone-in
4 chicken thighs, skin-on and bone-in
1 tsp salt (cooking / kosher salt)
1/2 tsp black pepper
4 tbsp unsalted butter
10oz white mushrooms, halved if small, or cut in 4 to 6 if large
2 medium brown onions, sliced 1/2in wide
2 garlic cloves, finely minced
1 bay leaf

3 thyme sprigs (or 1/2 tsp dried thyme)
3 tbsp flour, plain/all-purpose
1/2 cup white wine
3 cups chicken stock
1/4 tsp salt
1/4 tsp black pepper
2 tbsp parsley, chopped
2/3 cup heavy cream

Directions:

Pat chicken dry with paper towels then sprinkle with salt and pepper.
Melt butter over medium-high heat in a large skillet or heavy based pot with a lid. Add chicken thighs, skin side down, and cook for 4 to 5 minutes until golden brown. Turn and cook the other side for 1 minute. Remove from skillet.
Brown the drumsticks. 3 sides, about 2 minutes each. Remove from skillet.
Add mushrooms, onion, bay leaf and thyme. Cook for 5 minutes until mushroom is lightly golden.
Add garlic and stir for 30 seconds. Add flour and cook for 1 minute.
Add wine, chicken stock, salt and pepper. Stir, scraping the base of the pot to dissolve the brown bits in the pan into the sauce.
Return chicken back into the sauce with the skin side up.
Cover with lid and simmer 10 minutes.
Remove lid and let it simmer for a further 20 minutes, or until internal temperature is 167°F or slightly higher.
Remove chicken to a plate. Add cream and stir. Bring to a simmer, taste, and add more salt if desired..
Return chicken into the sauce and remove from the stove.
Sprinkle with parsley and serve over mashed potato or rice. Also ideal with short pasta like penne, ziti, or macaroni.

