



Braised Chicken

Braising chicken is a great way to end up with tender, delicious fall off the bone meat. The beauty of braising is that once you have gotten all your ingredients ready and prepared the meal will practically cook itself. All you need is patience to allow the meal to cook slowly and you will succeed!

In this recipe I first braised all the vegetables with the chicken for 2 1/2 hours. I then removed the chicken and pureed the vegetables into a creamy sauce. I served it with mashed potatoes. Delicious!

Here is what you are going to need:

- 6 skinless chicken thighs
- Dry mustard
- Ground cumin
- Dry thyme
- Salt & Pepper
- 1 large yellow onion
- 3 celery stalks with leaves
- 4 garlic cloves minced
- 1 small bell pepper chopped
- 1 small jalapeno pepper, seeded and finely chopped
- 4 carrots, peeled and sliced
- 4 Roma tomatoes, chopped
- 8 white mushrooms, sliced
- 2 cups chicken broth
- Olive oil

Rinse and pat dry the chicken thighs. Season generously with salt and pepper. Rub in the mustard, cumin and thyme.

Coat the bottom of a braising pan with olive oil and heat it well. Brown the chicken thighs evenly on all sides. Work in batches if necessary. Remove the chicken from the pan. Clean the pan and add some more olive oil. Heat. Add the onions and cook, stirring occasionally, for 5 to 6 minutes. Add the celery, peppers and garlic. Cook for another 5 minutes. Add the carrots, mushrooms and tomatoes with their juice. Mix well and cook for another 5 to 6 minutes. Return the chicken to the pan. Add the chicken broth and

season with salt and pepper to taste. Bring to a boil, cover and simmer for 2 1/2 hours.

Using a slotted spoon, carefully remove the cooked chicken from the pot. Turn off the heat and cool down the sauce. Skim out all the rendered fat and discard.

If you have a hand blender, place it into the liquid and puree all the vegetables. If you do not have a hand blender, place the vegetables in a blender and blend. Please be careful that you let the vegetables cool down a little. If the sauce is too hot it could shoot out of the blender and burn you. Puree the vegetables.

Return the chicken to the sauce and cook for a few minutes to heat through. Serve with mashed potatoes. Enjoy!

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