



Chicken Fricasee

Serves eight

- 1 whole chicken – cut into 8 pieces
- 1 small white onion – finely chopped
- 2 garlic cloves – minced
- 2 cups chicken broth
- 1 cup water
- 2 Bay leaves
- 8 oz. small white mushrooms – halved
- 1 tsp. dried thyme
- 2 heaping TBS flour
- 1 cup cream
- 4 TBS butter
- 3 TBS olive oil
- 2 tsp. salt
- 1 tsp. black pepper

Season the chicken with salt and pepper. Heat a large pot with 1 TBS butter and 2 TBS olive oil. Add the chicken and brown evenly on all sides. Work in batches. Remove chicken from pot and get rid of the excess fat.

Add the onion and garlic to the pan. Scrape the bottom of the pan – adding a little bit of chicken stock to deglaze the pan. Cook onion until soft and translucent – for about 4 minutes. Return the chicken to the pan and add the chicken stock and water. Bring pot to a boil, cover and reduce the heat. Simmer for about 40 minutes. Remove the cooked chicken and set aside. Bring the liquid to a rolling boil and reduce it by one third.

While the liquid is reducing, melt 2 TBS of butter and 1 TBS of olive oil in a pan. Add the mushrooms and brown for about 8 to 10 minutes. Season with salt, pepper and thyme and finish browning. Remove the mushrooms from the pan, leaving a little bit of fat in the skillet, and set aside.

Add the remaining TBS of butter to the skillet and the flour. Whisk until the flour is cooked for about 3 minutes. Ladle some of the reduced liquid into the flour and whisk until smooth. Add the flour to the remaining reduced liquid and whisk until smooth. Add the cream and mix well. If you want to you can

add ¼ cup of white wine or sherry to the sauce at this point. You can also thin it out with some milk if you want the gravy to be thinner.

Return the chicken and mushrooms to the pan. Heat through and serve with mashed potatoes. Enjoy!

CALORIES 484.48; FAT 33.08 grs (sat 14.82; mono 13.17; poly 3.88); PROTEIN 41.09 grs ; FIBER 0.86 grs; CARBS 7.17 grs; CHOLESTEROL 206.41 mg; IRON 5.45 mg; SODIUM 826.65 mg; CALCIUM 88.76 mg

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