

Skinless Chicken Thighs with Shallots in Red Wine Vinegar (Poulet Au Vinaigre)

This popular French chicken dish, made with vinegar, shallots, and white wine is quick and easy to make. Red wine vinegar gives it an intense, tangy flavor, that mellows as it simmers. Shallots are similar to onions, and are always a staple in my house along with onions and garlic. They can transform any ordinary dish and make it extraordinary. The ease of this dish makes it perfect for a busy weeknight dinner.

- 8 lean chicken thighs, skin removed
- salt and fresh pepper
- 1/2 cup red wine vinegar
- 1 cup fat free chicken broth
- 1 tbsp honey
- 1 tbsp tomato paste
- 1 tsp butter
- 1 large shallot, thinly sliced (3/4 cup)
- 2 cloves garlic, thinly sliced
- 1/2 cup dry white wine
- 2 tbsp light sour cream
- 2 tbsp fresh chopped parsley

Season chicken with salt and pepper.

In a medium saucepan, **combine** vinegar, honey, 3/4 cup chicken broth and tomato paste. **Boil** about 5 minutes, until it reduces down to about 3/4 cup. **Remove** from heat.

In a large skillet, **melt** butter over medium-low heat and add chicken. **Cook** on both sides, until brown, about 6-8 minutes. **Remove** chicken and set aside. **Add** the shallots and garlic to the skillet and **cook** on low until soft, about 5 minutes. **Pour** the sauce over the chicken, **add** the wine, remaining broth salt and pepper. **Cover** and **simmer** about 20 minutes until tender.

Remove the chicken, **add** sour cream and **stir** into the sauce (if sauce dries up, add more broth). **Boil** a few minutes then return chicken to skillet. **Top** with fresh parsley.