

CHICKEN FRICASEE

A classic of chicken in a light cream and herb sauce!

INGREDIENTS

1 Tbsp olive oil
8 chicken thighs and legs combined
salt and pepper to taste
1 Tbsp butter
1 small onion chopped
2 cloves garlic minced
2 carrots cut in large pieces
3-4 sprigs thyme (leaves only)
2 Tbsp all-purpose flour
1/2 cup dry white wine such as Sauvignon Blanc
1 1/2 cup chicken stock
1/2 cup heavy cream

METHOD

Step 1: Preheat oven to 180C. Pat dry chicken with a paper towel and season with salt and pepper. Place a large deep pan over medium/high heat with 1 Tbsp olive oil. Brown chicken approximately 4 minutes per side until golden on each side but not cooked through. Remove to a plate and set aside until needed. Discard excess fat leaving 1 Tbsp in the pan.

Step 2: Add 1 Tbsp butter to the pan and saute chopped onions and carrots over low heat for 7-10 minutes. Add minced garlic and fresh thyme leaves and cook briefly for 30 seconds. Add 2 Tbsp flour and cook while stirring until flour is completely absorbed by the fat and mixture smells nutty. Add 1/2 cup white wine and simmer until slightly reduced. Pour in 1 1/2 cups chicken stock.

Step 3: Return chicken to the pan together with the juices and bake uncovered at 180C for 45 minutes.

Step 4: Take the chicken out of the oven and add 1/2 cup heavy cream, stir until combined. Taste and season with salt if needed.

THE COOKERY

by The Secret Jozi Chef