

## Recipe: Braised Chicken Thighs with Potatoes

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### Makes 4 servings

You only need to brown half the chicken thighs, as that gives enough crunchy brown bits of flavor to the recipe.

8 (5- to 7-ounce) bone-in chicken thighs, trimmed, divided use

Salt, to taste

Pepper, to taste

1 tablespoon vegetable oil

1 onion, chopped fine

3 garlic cloves, minced

2 tablespoons flour

1/2 cup dry white wine

3/4 cup low-sodium chicken broth

2 pounds small red potatoes, halved

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1 tablespoon minced fresh tarragon

SAN ANTONIO — **Instructions:** Pat chicken dry with paper towels and season with salt and pepper. Heat oil in pressure-cooker pot over medium-high heat until just smoking. Brown half of thighs, skin side down, until golden, about 6 minutes; transfer to plate. Remove and discard skin from browned and remaining unbrowned thighs. Pour off all but 1 tablespoon fat from pot.

Add onion to fat left in pot and cook over medium heat until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Stir in flour and cook for 1 minute. Whisk in wine, smoothing out any lumps, and cook until slightly reduced, about 1 minute. Stir in broth. Using wooden spoon, scrape up all browned bits stuck on bottom of pot. Nestle skinless browned and unbrowned chicken with any accumulated juices into pot and top with potatoes.

Lock pressure-cooker lid in place and bring to high pressure over medium-high heat. As soon as pot reaches high pressure, reduce heat to medium-low and cook for ~~20~~<sup>25</sup> minutes, adjusting heat as needed to maintain high pressure.

Remove pot from heat. ~~Quickly release pressure~~, then carefully remove lid, allowing steam to escape away from you.

*let pressure release naturally*

Before serving, transfer potatoes and chicken to serving dish, tent loosely with aluminum foil, and let rest for 5 minutes. Using large spoon, skim excess fat from surface of sauce. Stir in tarragon and season with salt and pepper to taste. Pour sauce over chicken and potatoes and serve.

**Per serving:** 590 calories (24.4 percent calories from fat), 16 g fat, 270 mg cholesterol, 340 mg sodium, 44 g carbohydrates, 5 g dietary fiber, 5 g sugar, 61 g protein.

From "Pressure Cooker Perfection," by the editors of America's Test Kitchen