

Chicken Fricassee

For South Holland library August 9, 2021

Chef Chris Thielman

- 4 each large size boneless chicken breasts
- 2 ounces olive oil (divided for the mushrooms and chicken breasts)
- 8 ounces white mushrooms cut in ¼'s
- 1/4 cup cider vinegar
- 4 ounces onions, small diced
- 6 ounces carrots, small diced
- 2 cloves garlic minced
- 3 oz. butter
- 1/3 cup all-purpose flour
- 6 ounces cream
- 6 ounces white wine (Dry Sauvignon Blanc or a white Bordeaux)
- 12 oz. chicken stock
- Salt and pepper to taste



In separate sauté pan, add 1 ounce of olive oil and cook the mushrooms over high heat until they release their water content and then dry out. Add the cider vinegar and cook until all this liquid is evaporated. Turn off heat and reserve on the side.

Take a medium to large size Dutch oven and add 1 ounce of the olive oil. Heat over medium heat. Salt and pepper the chicken breasts. When oil is hot, add the breasts and brown the chicken breasts on both sides. Reserve on the side.

Add 3 ounces butter to the dutch oven and then add the carrots and onions, garlic and sauté until slightly cooked (2-3 minutes). Add the flour to this to create a roux. Stir with a wooden spoon or spatula and cook over medium heat and stir for 2-3 minutes.

Change your utensil to a wire whip and whisk in the white wine, chicken stock and cream. Bring to a boil and add the mushrooms and chicken breasts.

Cover and cook in a 350-degree oven for 60 minutes. **Alternatively**, you may also **SLOWLY** simmer this covered on the stove top for 30 -40 minutes. (there is more of a chance of sticking on the stove top)

Depending on the desired thickness of the sauce, it may be necessary to remove the chicken and reduce and thicken the sauce on high heat. Serve with rice pilaf (I often use Basmati rice).