

Eat The View

Recipes and Tips

Chicken Fricassee

4 chicken thighs
Butter or olive oil
300g mushrooms, halved if small, cut into 4 or 6 pieces if large
2 onions, sliced
2 garlic cloves, minced
1 bay leaf
½ teaspoon of dried thyme
3 tablespoons plain flour
120 ml of dry white wine
700 ml chicken stock
Salt and pepper
158 ml double cream

- In a large frying pan or heavy pot with a lid, brown the thighs and remove from the pan.
- Add the mushrooms, onion, bay leaf and thyme. Cook for 5 minutes.
- Add the garlic and stir for 30 seconds. Add the flour and cook for 1 minute. Add the wine and chicken stock. Stir, scraping the base of the pan to get all the good brown bits from the bottom into the sauce.
- Bring to a simmer cooking for 15 minutes. Return the chicken and cover, still simmering for 6 minutes.
- Uncover and add the cream and stir. Once it comes back to a simmer, taste the sauce and add salt and pepper to taste. It is ready to serve.
- It is traditionally served over mashed potato or rice.