

BRAISED CHICKEN AND MUSHROOMS

Ingredients

1/4 cup all-purpose (plain) flour
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 skinless, bone-in chicken breast halves, about 3/4 pound total weight, each cut in half crosswise
2 skinless, bone-in chicken thighs
2 chicken legs
1 1/2 tablespoons olive oil or canola oil
1 shallot, chopped
1 pound small white button mushrooms, brushed clean
1/2 pound peeled pearl onions
3/4 cup vegetable stock, chicken stock or broth
1/2 cup port or dry red wine
2 tablespoons balsamic vinegar
2 tablespoons chopped fresh thyme, plus sprigs for garnish

Directions

In a shallow dish, stir together the flour, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Dredge the chicken pieces in the seasoned flour.

In a large, heavy saucepan or Dutch oven, heat the oil over medium-high heat. Add the chicken and cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a platter.

Add the shallot to the pan and saute until softened, about 1 minute. Add the mushrooms and saute until lightly browned, 3 to 4 minutes. Stir in the onions and saute until they begin to pick up some brown color, 2 to 3 minutes.

Stir in the stock and wine and deglaze the pan, stirring with a wooden spoon to scrape up any browned bits. Return the chicken pieces to the pan, and bring to a boil. Cover, reduce the heat to low, and simmer, stirring occasionally, until the chicken and vegetables are tender, 45 to 50 minutes. Stir in the vinegar, the chopped thyme, and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.

To serve, divide the vegetables among warmed shallow individual bowls. Top each portion with 2 pieces of chicken, 1 light meat and 1 dark. Garnish with thyme sprigs. Serve immediately.

4 servings @ 6 points each, 4 servings @ 7 pointsplus