



CS Chicken Fricassee

Source: adapted from *delish* Bob and Robin Young, Boise, ID, *The Captain's Shack* 21 Oct 2019

Serves: 4 **Prep:** 10 min **Total Time:** 45 min

Note: A **fricassee** is halfway between a sauté and a stew. A true classic -- with as many variations as there are grandmothers in France -- it relies on humble ingredients and just a single pot. It's

the original French comfort food: simmered **chicken** with hearty vegetables in a rich, silky sauce... By the general description of frying and then braising in liquid, there are recipes for fricassee as far back as the earliest version of the medieval French cookbook [*Le Viandier*](#), circa 1300. In 1490, it is first referred to specifically as "friquassee" in the print edition of *Le Viandier*.

Ingredients:

2 T Extra-Virgin Olive Oil
2 lb. skin-on, bone-in Chicken Thighs
Celtic Sea Salt
Freshly ground Tellicherry Black Pepper
2 T unsalted Butter
1 lg Onion, chopped
1 med Leek, sliced including light green
1 lg heirloom Carrot, sliced into rounds
1 Celery Stalk, chopped
1 T chopped Lovage
4 T Capers, rinsed
1 c fresh Asparagus, cut into 1" lengths
8 oz Button Mushrooms, quartered
2 T All-Purpose Flour
 $\frac{3}{4}$ c White Wine
2 c low-sodium Chicken Stock
1 c heavy Cream
2 T freshly chopped Parsley
2 t fresh Thyme Leaves

Directions:

In a large high-sided skillet over medium heat, heat oil. Season chicken on both sides with salt and pepper then add to skillet and cook until golden, 5 minutes per side. Remove from skillet and set aside on a plate.

In the same skillet add butter and melt then add onion, leek, carrot, celery, lovage, asparagus and mushrooms and cook until soft, 5 minutes. Add flour and cook 1 minute. Pour in wine and scrape up any bits on the bottom of pan and reduce wine by half, about 7 minutes.

Add chicken stock, and cream and season with capers, parsley, thyme, and salt and pepper. Add chicken back to pan and simmer until chicken is cooked through and sauce is thickened, 15 minutes. Serve over rice.