



cara price

BRAISED CHICKEN

INGREDIENTS

8 chicken thighs, bone-in, skin-on
1 red onion, cut into bite-size chunks
6-8 carrots, cut into bite-size chunks
3-4 stalks celery, cut into bite-size chunks
6 cloves garlic, minced
3 cups chicken broth or chicken bone broth
¼ cup gluten-free (I recommend using Bob's one-to-one)
5 tablespoons butter, divided
2 tablespoons red wine vinegar
2 ½ teaspoons salt
1 ½ teaspoons pepper
1 teaspoon dried oregano
¾ teaspoon garlic granules
¾ teaspoon onion powder
Freshly ground salt
Parsley, chopped for garnish

DIRECTIONS

Preheat oven to 350.

In a small bowl, combine salt, pepper, dried oregano, garlic granules & onion powder. Gently lift the skin on the chicken & spread about ¾ of the seasoning mixture over the flesh, then evenly divide the remaining seasoning & spread over the skin. Set aside.

Prep all remaining ingredients (chop veggies, mince garlic, measure out broth, red wine vinegar & flour). Set aside.

DIRECTIONS (CONT'D)

Set a large braiser on the stove top & preheat over medium for 2-3 minutes. Add half of the butter to the braiser. Once the butter has melted, turn the heat up slightly & begin browning chicken pieces. You'll need to work in a couple of batches to be sure that there's ample room for the chicken to brown nicely. Brown all pieces for 3-4 minutes on each side. Remove from pan & set aside.

Once the chicken is done, add in the remaining butter & let it melt completely. Add in all veggies & brown until they begin to look golden & pick up brown bits left in the pan from the chicken. Once veggies are nicely browned, add in minced garlic & sauté for about 30 seconds.

Add flour to veggies & stir continuously until you don't see any more white from the flour. This will be quick, don't let the flour burn here. Immediately add in the broth & red wine vinegar. Stir quickly. Turn off the heat.

Carefully place chicken pieces back into the pan, nestling them into the broth & veggies.

Cover the braising pan & place into the oven for 2-2 ½ hours. (this will depend on the size of your chicken thighs, for smaller ones I do 2 hours, for larger ones I do 2 ½ hours)

When done, remove from oven & serve with rice or mashed sweet potatoes.