

Chicken Fricassee

Serves 8

Courtesy of Sur La Table Chef Angie Lee, for demo February 20th, 2016

¼ pound salt pork or smoked bacon, diced
2 whole chickens (about 3-4 pounds each), cut into pieces, or 5 pounds bone-in skin-on chicken thighs
½ cup all-purpose flour, plus more for dredging
Kosher salt and freshly ground black pepper, to taste
2 yellow onions, peeled and cut into 2-inch pieces
6 carrots, peeled and cut into 2-inch pieces
2 russet potatoes, peeled and cut into 2-inch pieces
1 large sprig of thyme or 1 teaspoon dried thyme
2 bay leaves

Add the salt pork or bacon to a large Dutch oven over medium heat. Cook, stirring, until the fat has rendered and the bacon has browned. While the bacon is cooking, season the chicken with salt and pepper and dredge in a shallow bowl filled with flour.

Add the dredged chicken pieces, skin side down to the Dutch oven, and brown on one sides (in batches as needed, to avoid overcrowding the pan.) When the chicken is lightly browned, turn and cook on the second side until lightly browned. Remove to a plate and repeat with the remaining chicken parts.

After the last pieces of chicken have been removed, add the onions to the Dutch oven. Stir, cooking, until the onions begin to soften. Return the chicken to the Dutch oven and top with the carrots and potatoes. Add the thyme and bay leaves. Add enough water to the Dutch oven to just cover the chicken and vegetables. Increase the heat to medium high and bring the stew to a boil. Reduce the heat to a simmer and cover with a lid. Simmer for 20 to 30 minutes, or until the chicken is tender and cooked through.

To finish, whisk the remaining ½ cup flour and ¾ cup water together in a small bowl. Slowly pour the flour mixture into the simmering stew, stirring the stew to incorporate. The gravy will thicken as the stew returns to a simmer. Season to taste with salt and pepper, and remove the bay leaves and thyme sprig. Serve.

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