

Braised Chicken in Mustard Sauce



INGREDIENTS (Serves 4 to 6)

- 2 tablespoons canola oil
- 4 chicken thighs
- 1 shallot, minced
- 1-1/2 cups dry white wine
- 1-1/2 cups chicken stock
- 3 whole garlic cloves, peeled
- 1 tablespoon Dijon mustard
- 1 tablespoon capers, rinsed
- 1 tablespoon unsalted butter
- Sea salt and black pepper to taste

PREPARATION

1. Heat oil in a heavy-bottom pan over medium heat. Brown chicken thighs on both sides.
2. Remove chicken and drain all but 1 tablespoon of fat from pan.
3. Sauté shallots on medium-low heat until translucent, but not browned.
4. Add white wine, chicken stock and garlic cloves.
5. Add chicken back to the pan and bring to a simmer. Cook covered until chicken is tender, about 30-45 minutes.
6. Remove chicken from the pan again and bring liquid to a boil; reduce by $\frac{3}{4}$. Once the liquid has thickened, add mustard and capers. Season with salt and black pepper. Add butter to enrich.
7. Add chicken and warm through.

Braised Chicken in Mustard Sauce

SHOPPING LIST

Produce

Shallots

Garlic cloves

Grocery

Canola oil

Chicken stock

Dijon mustard

Capers

Meat/Poultry

4 chicken thighs

Dairy

Unsalted butter

Spices/seasonings

Dry white wine

Sea salt

Black pepper

SERVING SUGGESTION

Great when served with garlic mashed potatoes and your favorite oven-roasted vegetables.

NUTRITIONAL INFORMATION

Per Serving: 362 calories, 24 g. fat, 87 mg. cholesterol, 3 g. carbohydrate, trace dietary fiber, 17 g. protein, 1,482 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Michael Paynic

The Wedge Co-op • Minneapolis, Minn.

