

Chicken Fricassee with Apples in a Wine Sauce



Serves 4 Prep 20 mins

Cooking 50 mins

Easy

Ingredients

1 whole chicken, jointed, or mixture of 8 x drumsticks or thighs or legs
1 tbsp olive oil
20g butter
4 shallots, peeled & halved
100g chestnut mushrooms, halved
4 tbsp red wine vinegar
150ml dry white wine

1 tomato, finely chopped
1 Pink Lady apple, halved, cored & cut into slices
2 tbsp parsley, finely chopped
4 tbsp crème fraîche, optional
2 tbsp tarragon + extra to garnish

1. Pre heat oven 180C°/160C° fan/Gas 4.
2. Heat the olive oil in a large frying pan, cook the chicken pieces over a high heat until golden brown, turning at regular intervals, approximately 5-7 minutes. Remove the chicken from the frying pan and place it in an ovenproof casserole dish. Discard all but 1 tablespoon of the fat from the frying pan.
3. Add the butter, garlic, shallots and mushrooms to the frying pan and allow to cook for a few minutes, stirring. Remove the contents and add to the casserole dish with the chicken.
4. Pour the vinegar into the frying pan and simmer for a few seconds then add the wine and bring to the boil for a couple of minutes, reduce the heat and add the tomato, Pink Lady apple and herbs and season to taste. Pour the mixture over the chicken in the casserole, cover with a lid and cook for 35-40 minutes until the chicken is juicy, tender and piping hot.
5. Stir in the crème fraîche, if using, and sprinkle with the extra tarragon.
6. Serve with sauté potatoes and tender stem broccoli or a rocket salad