

# CHICKEN FRICASSEE - AMERICAN

F EASY

Last Modified: 02/22/2016

PREP: 30 Min  
COOK: 4 Hrs  
SLOW COOKER

CHICKEN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pound	Frying Chicken	Cut-Up
1	Large	Yellow Onion	Sliced
2	Tbsp	Unsalted Butter	Divided
2	Tbsp	Peanut Oil	
3	Tbsp	All Purpose Flour	
1	Cup	Dry White Wine (Chablis)	
2 1/2	Cups	Chicken Stock (Swanson)	Boiling
1	Tsp	Lemon Juice	
3	Cups	Button Mushrooms	Ground
1/3	Cup	Heavy Cream	
3	Tbsp	Fresh Italian Parsley Leaves	Chopped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	Tied	Bouquet Garni	
CONSISTING OF			
2	Sprigs	Fresh Italian Parsley	
2	Sprigs	Fresh Thyme	
2	Whole	Dried Bay Leaves	
1	Length	Butchers Twine / String	

## PREPARATION

<b>FACTOID</b>	An "Americanized" version of the French Recipe which follows next.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Small Mixing Bowl</li> <li>2) Food Processor OR Blender</li> <li>3) Crock Pot</li> <li>4) Large Stainless Steel Skillet</li> </ol>
<b>HINTS</b>	<b>Make The Bouquet Garni:</b> Tie together two Sprigs of Fresh Parsley, two Sprigs of fresh Thyme and two whole Bay Leaves with a string so they can be easily found and removed after the cooking process is done.
<b>PREP</b>	<b>DISH</b> <ol style="list-style-type: none"> <li>1) Thinly slice the Yellow Onion and set it aside.</li> <li>2) Finely grind the Button Mushrooms and set them aside.</li> <li>3) Chop the Parsley Leaves and set them aside.</li> </ol>
<b>1</b>	Put the sliced Onions in a small mixing bowl, add in just enough boiling water to cover them and leave them to soak. Meanwhile rinse the Chicken Pieces and pat them dry.
<b>2</b>	Melt 1 tablespoon of the Butter with the Peanut Oil in a large skillet over medium high heat. Add in the Chicken Pieces and cook, turning occasionally until nicely browned. Transfer the Chicken to the crock pot, leaving the juices behind.

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<b>3</b>	Stir the Flour into the pan juices and cook while stirring for 3 minutes, then blend in the White Wine. Stir in the Chicken Stock and Lemon Juice and add in the Bouquet Garni. Bring the mixture to a boil and stir until the Sauce has thickened. Season it well with Salt and Pepper and pour it over the top of the Chicken Pieces in the Crock Pot.
<b>4</b>	Drain the Onions. Trim off and discard the stems from the Mushrooms. Pulse the Onions and Mushrooms into small pieces in a food processor. Clean the skillet, melt the remaining 1 tablespoon of Butter over medium heat. Add in the ground Onions and Mushrooms and cook them for 5 minutes until the Onions are lightly browned and the moisture has been removed from the Mushrooms.
<b>5</b>	Add the Onion Mixture on top of the Chicken in the Crock Pot, and cook it on the high setting for 3 to 4 hours or until the Chicken is done.
<b>6</b>	Using a slotted spoon, remove the Chicken Pieces to a warmed serving platter. Remove and discard the Bouquet Garni. Add in the Heavy Cream and Parsley to the Sauce and whisk to combine. Allow the Sauce a couple of minutes to thicken. Adjust the seasoning if necessary.
<b>SERVE</b>	Place on a serving platter, pour the Sauce over the Chicken and any accompanying Vegetables. and serve while hot.