

Cooking for Wellness

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Braised Chicken Thighs with Mushrooms and Almond Puree

"Recipe courtesy of Anne Burrell"

Yields: 4 Preparation time: 45 minutes

Ingredients

- 2 pounds boneless chicken thighs
- 3 tablespoon olive oil
- Salt and pepper
- 1/2 pound pancetta, cut into 1/2 inch dice
- 2 large onions
- Pinch crushed red pepper
- 4 garlic cloves, minced
- 2 pounds assorted mushrooms, cleaned and sliced
- 2 cups dry white wine
- 5 cups chicken stock
- 4 sprigs fresh thyme
- 4 bay leaves
- 1/2 cup whole blanched almonds, toasted
- 1 tablespoon chives for garnish



Instructions

- Using a Dutch oven, heat on medium high for a few minutes. Pat the chicken skin dry with a
 paper towel and season with salt and pepper. Add one tablespoon of olive oil and place the chicken
 skin side down in the pan.
- 2. When the chicken skin is brown and crispy, turn the chicken over and brown it on the other side. Remove the chicken from the pan and place on paper towel to drain and hold.
- Lower the heat of the pan and remove any excess fat. Add the pancetta and brown. When pancetta starts to brown add the onions. Season with salt and crushed red pepper. Sweat the onions over medium heat for seven to eight minutes.
- 4. Add garlic and cook for another one to two minutes. Add the mushrooms and sauté for three to four minutes or until they release their juices.
- Add wine and reduce by half. Return chicken thighs to the pan skin side up and add the chicken stock almost covering the chicken. Add the thyme and bay leaves.
- Increase the heat and bring to a boil, then reduce to simmer. Simmer chicken for 25 minutes uncovered.
- While the chicken is cooking, using a food processor, puree the almonds and drizzle two tablespoons of olive oil until the almonds make a loose paste. Season with salt and pepper.
- Once the chicken has cooked for 25 minutes remove from pan and stir in the almond puree to the sauce to thicken. Cook for two minutes until the sauce coats the back of a spoon. Garnish with chives.