



White Wine Chicken with Shallots & Tarragon

December 7, 2023

This is a dish that's not quite a simple "braise," but also not soupy enough to be a stew. Whatever you'd like to call it, it's delicious. An easy one-pot meal that feels special enough to serve guests. Taking some help from the grocery store, using pre-sliced mushrooms and bagged baby spinach, this meal comes together quickly without much effort. Serve over buttered white rice or alongside crusty bread to sop up all that delicious jus.

Serves 4-6

Ingredients:

- 3 tablespoons unsalted butter
- 1 pound (about 8) shallots, peeled and halved (quartered if large)
- 10 ounces button or cremini mushrooms, sliced
- 2 cloves garlic, peeled and sliced thinly
- 1 pound boneless, skinless chicken thighs; cut into 1½-inch pieces
- 3 tablespoons all-purpose flour
- 2 cups dry white wine, like a Sauvignon Blanc or Pinot Grigio
- 2 tablespoons Dijon mustard
- 2 sprigs fresh tarragon
- 2 cups cherry tomatoes, halved
- 1 (6-ounce) bag baby spinach
- ¼ cup fresh chopped flat-leaf parsley, for garnish.
- Kosher salt & freshly ground black pepper
- Olive Oil

Method:

1. Heat a dutch oven over medium-high and melt butter. Once butter is foaming, add shallots, and saute for 5 minutes, until they're just becoming golden with brown spots. Add mushrooms and garlic, and sauté until golden brown, stirring frequently to prevent garlic from burning, about 5-7 minutes longer. Once browned, turn off heat and transfer vegetables to a bowl with a slotted spoon, and reserve.
2. Meanwhile, add cubed chicken to a resealable zip-top bag. Sprinkle with kosher salt, black pepper, and 3 tablespoons of all-purpose flour. Seal bag and shake to coat chicken pieces. Return pot to medium-high heat and add a tablespoon or two of olive oil to the empty pot. Add chicken to the pot, and cook until lightly browned on all sides, about 5-7 minutes.
3. Add wine to the pot, along with the reserved vegetables, Dijon mustard, and tarragon. Bring pot to a boil, scraping up any fond that has accumulated on the bottom of the pan. Once the liquid begins to boil, reduce the heat to a low simmer, and cook for 20-30 minutes, or until the sauce has thickened to a stew consistency.



What's 4 Dinner?

4. Remove tarragon sprigs from pot, and stir in baby spinach to wilt. Then stir in halved cherry tomatoes. Simmer for 5 minutes to warm tomatoes through. Spoon into bowls and garnish with parsley; Serve over rice or with crusty bread.