

Chicken Fricassee

Pronounced "fri-ka-say", Chicken Fricassée is a traditional French chicken stew made with browned chicken pieces braised in a creamy white mushroom sauce. A rustic family-style meal that's easy enough for midweek quick dinners. This recipe is sure to be a new favorite!



INGREDIENTS

4 Chicken thighs
3-4 T. vegetable oil or butter
2 small onions, sliced in quarters from top to root end.
1 T. dried tarragon.

NOTE: Or an alternative try any of these herbs or spices: basil or thyme, or any of these ground seeds: fennel, anise, star anise, or even five-spice powder for an Asian twist. If using the ground seeds, use only 2 t. of one of them.

3 T. flour
2 C. White wine or 2 C. water + juice of 1 lemon
2 C. Chicken stock or water.
1/2 C. Cream



Instructions:



4 servings



45 minutes

Heat oil in a frypan and when hot, add the chicken and cook on one side for 10 minutes until slightly browned. Turn over and cook for 10 minutes more until slightly brown.

Add onions and tarragon to the chicken.

Cover pan and cook for 10 minutes.

Uncover the pan, sprinkle with flour and turn chicken a few times to absorb the flour.

Add wine and chicken stock and bring to a simmer and cook for 30 minutes until chicken is not bloody when poked with a knife. Add cream to the chicken. Add salt and pepper to taste and bring sauce to a simmer.

Serve with rice or mashed potatoes.

Notes: You may use 1.5 C. white vermouth or even 1/2 C. gin as a substitute for white wine. 6 mushrooms, quartered top to bottom may be added after step 5. and simmer for 10 minutes more.

DID YOU ENJOY THIS RECIPE?

We'd LOVE to see a photo of your delicious dish. Email it to us at Development@4rec.com or post it on our FRCC Facebook page.



Chocolate Truffles

Making homemade chocolate truffles couldn't be easier and after watching the video tutorial provided, you'll agree with excitement! Homemade truffles are the perfect quick & easy treat for any occasion and we're right here to guide you along. Ditch the boxed chocolates!



INGREDIENTS

8oz bittersweet chocolate
chopped in a food
processor in small batches.

1/2 cup cream, use slightly
less to get a firmer truffle

1 t almond extract or other
flavoring (mint, vanilla,
coconut, hazelnut)

1/2 C. Dutch processed
cocoa



Instructions:

Heat cream in the microwave for 20 second increments for a total of 1 min or until hot.

Pour the cream on chopped chocolate. Wait 30 seconds. Stir until smooth. May need to warm in microwave for another 20 seconds or so. Stir, stir. It should be smooth and glossy. Pour into a stainless steel bowl and refrigerate 30-60 mins. It should not look glossy.

Use a cookie scoop or a teaspoon to scoop out chocolate balls. Drop in Dutch processed cocoa in a bowl. Roll around to coat. Plop into cupcake paper baking cups and refrigerate overnight.

Done.

If using cocoa, heat 3/4 C cocoa with 1/2 stick of unsalted butter, 1/2 C. sugar substitute for the bittersweet chocolate.



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