Chicken Shallot Stew

Makes 4 servings

Ingredients

- 6 large chicken thighs (bone in and skin on)
- 1 tablespoon flour
- 1 ½ tsp kosher salt
- 1 ½ tsp ground black pepper
- 2 tablespoons extra virgin olive oil
- 8 whole very large shallots, peeled (about one pound)
- 1 cup extra dry vermouth or leftover white wine. *I always have vermouth in my fridge for cooking purposes* (see note if you are not making this in a pressure cooker)
- 1 tablespoon Dijon mustard (see note if making stovetop)
- 3 whole sprigs fresh tarragon
- 1 pint cherry tomatoes, cut in half

Instructions for pressure cooker preparation

Trim off excess fat that hangs off the chicken thighs but leave skin on the thigh. Pat the pieces dry and lay them on a clean dishtowel. Combine the flour, salt and pepper on waxed paper and dip the skin side of the thighs into this mix so it is coated. Shake off the excess flour mix.

Heat a large (12-inch) sauté pan on medium high. Once hot, pour the oil in until it is heated through. Add the chicken skin side down and cook until they becomes a little browned; turn them over with a tongs and brown the other side too. All of this will take you around ten minutes. Remove the thighs with tongs to a rimmed plate and set aside.

Add the peeled shallots directly to the sauté pan (I did cut the huge ones in half so they weren't the size of a small onion but they can be big since they basically smoosh anyway) and sauté them in the remaining chicken fat and until they begin to soften a titch, approximately five minutes. Put the shallots into the pressure cooker. Mix the wine and mustard together and pour in, followed by the tarragon and the chicken thighs. Cover the pressure cooker, bring to high pressure and cook for 12 minutes. Manually bring the pressure down by putting the pressure cooker in the sink and running cold water over the lid. Remove the lid, and simmer to allow the sauce to reduce and thicken, 5-10 minutes.

Right before serving, add the cherry tomatoes to the pot, stir lightly to combine and serve immediately.

Instructions for traditional stovetop cooking

First, you will need two cups of vermouth and two tablespoons of Dijon. Follow instructions above. But instead of using a pressure cooker, place everything into a dutch oven and bring to a simmer. Cover and braise for 30 minutes or until the meat is very tender. Continue with the cooking methods.

Note: I had two thighs and lots of juice left over that I poured over brown rice and put into my freezer. A month later it was defrosted and reheated and was better than ever - so next time I'm purposefully making a double batch of this recipe: one for the freezer and one to eat.