



Chicken Braised With Sweet Garlic

Ingredients

6-8 chicken thighs - whole or diced
1 carrot, chopped
1 stick celery, chopped
1 small tomato, chopped
8 whole cloves garlic (blanched 3-4 times)
1 onion chopped
2 sprigs fresh thyme
1 bay leaf
1 cup white wine
2 cups strong chicken broth
Salt
Pepper

Directions

Season chicken with salt and pepper and sear in oval oven with a very small amount of oil. When chicken is brown, add vegetables, garlic and herbs, and saute for one minute. Add white wine and saute until liquid is reduced by ½. Add stock and simmer until chicken is tender.

Remove and strain stock and reduce by ½ again.

Excellent served with garlic-mashed potatoes, rice or pasta.