

Foodnity Recipes

Chicken Fricassée – Quick French Chicken Stew

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb bone-in, skinless chicken thighs, cut into 2-inch pieces
- [ ] 2 tbsp all-purpose flour
- [ ] 3 tbsp unsalted butter
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, sliced into thin rounds
- [ ] 2 celery stalks, sliced
- [ ] 2 garlic cloves, minced
- [ ] 1 cup chicken broth
- [ ] ½ cup white wine (optional)
- [ ] ¾ cup heavy cream
- [ ] 2 sprigs fresh thyme
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] 2 tbsp chopped fresh parsley
- [ ] A drizzle of extra-virgin olive oil

Instructions

1. Season the chicken pieces with salt and pepper, then toss them in the flour until lightly coated.
2. In a heavy skillet, melt the butter over medium-high heat. Add the chicken and brown on all sides, about 5 minutes. Remove and set aside.
3. Add the onion, carrots, and celery to the same pan. Sauté until the onion turns translucent, about 3 minutes, then stir in the garlic.
4. Deglaze the pan with the white wine (or a splash of broth), scraping up browned bits. Let it reduce for 1 minute.
5. Return the chicken to the pan, pour in the broth, add thyme and bay leaf, and bring to a gentle simmer. Cover and cook for 15-20 minutes, until the chicken is tender.
6. Stir in the heavy cream, adjust seasoning with salt and pepper, and let the sauce thicken for another 3 minutes. Remove the bay leaf and thyme sprigs.
7. Serve hot, garnished with chopped parsley and a drizzle of olive oil if desired.

Nutrition per serving

420 kcal	30 g	10 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, mix a teaspoon of cornstarch with cold water and stir it in during the last minute.
- A pinch of nutmeg adds a subtle warmth to the cream.
- For a deeper flavor, brown the chicken in two batches to avoid crowding the pan.