

November, 2011



## Chicken braised with Riesling and mushrooms

**Braising** - A wet cooking method where food is cooked, in a tightly covered pot with some liquid for a lengthy period of time. Meats are often browned first before the liquid is added, and vegetables may be sautéed first before the liquid is added. The long, slow cooking process develops flavor and tenderizes food by breaking down their fibers. This makes braising especially appropriate for tougher cuts of meat. Braising can be done on the stovetop or in the oven, always with a tight fitting lid.

### Tips for successful braising:

- Use a heavy pan with a tight fitting lid, a Dutch oven is ideal
- Brown meats or sauté vegetables in oil or butter before braising to create an added layer of flavor. Always season meats first with salt and pepper
- Create a flavorful braising liquid, this is the flavor that will infuse your meat or vegetable—be sure to taste the liquid for a good balance of flavor and salt and pepper
- Braised foods are generally done when they are fork tender
- When your meat or vegetables are done, remove them from the pan and reduce the braising liquid to concentrate the flavors, taste for seasoning

---

### Terms related to braising

**Sear** - To brown food, usually meat, over high heat. Searing is often the first step in specific preparations to build the first layer of flavor. Many stews and braises begin with searing the meat to create a rich flavorful outside crust.

**Deglaze** – Adding a liquid to a pan after sautéing or roasting meat to scrape up and release the flavors of browned bits from the meat. Wine, or stock is most common, but most any liquid will do.

**Reducing** – To simmer ingredients used in a sauce (or the sauce itself). This greatly intensifies the flavor and thickens the sauce.

---

### Chicken with Riesling

Adapted from Food and Wine February 2003

4 servings

5 tablespoons unsalted butter  
One 3 1/2 pound chicken, quartered or chicken pieces  
Kosher salt and fresh ground pepper  
1 large shallot, minced  
2 tablespoons cognac  
1 cup dry Riesling or Gewurztraminer  
6 ounces white mushrooms, sliced 1/2 inches thick  
1 tablespoon flour  
1/3 cup heavy cream (or less)

Pat the chicken dry and season with salt and pepper. Melt two tablespoons of the butter in a large skillet and brown the chicken. Add the shallots and sauté a minute, add the cognac and carefully ignite. When the flame subsides add

the wine, cover and simmer over low heat until the breasts are just done, about 25 minutes. Remove to a plate and cover with foil. Cover and simmer the legs until cooked through, about 10 minutes longer. Transfer to a plate.

Meanwhile, in a medium skillet, melt 2 tablespoons of butter and sauté the mushrooms until they are browned.

In a small ramekin combine the last tablespoon of butter with the flour to make a paste. Whisk the cream into the braising liquid left from the chicken and bring to a simmer. Gradually whisk the flour-butter paste into the braising liquid and simmer, whisking, until no floury taste remains, about 3 minutes. Season with salt and pepper. Return the chicken to the skillet, add the mushrooms, and briefly reheat.

\*Serve with spaetzle, boiled potatoes or noodles