



BEN'S KITCHEN

Braised chicken with apples, bacon, & Angullong 'Fossil Hill' Chardonnay





ANGULLONG
VINEYARD

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Serves
- 4 -

4 large chicken thighs,
bone in, skin on
30 ml vegetable oil
1 medium onion
1 large carrot
2 rashers bacon
2 cloves garlic - peeled
1 tbsp. wholegrain mustard
150 ml chicken stock (or water)
100 ml Angullong Chardonnay
4 sprigs fresh thyme
2 bay leaves – fresh or dried
2 red apples
100 ml pure cream
½ bunch flat leaf parsley
Salt & pepper to taste

- Pre-heat oven to 180°C.
- Core and cut apples into wedges (leaving skin on), slice the carrot and onion finely, crush the garlic and roughly chop the parsley. Dice the bacon.
- Heat 20 ml vegetable oil in a large heavy based frypan and cook the onion on medium heat for 3 mins until starting to soften, then add the garlic, carrots and bacon and cook a further 3-5 mins until onion becomes translucent. Remove from the pan and set aside.
- Sauté apples until starting to golden around edges, then remove and add to the vegetables.
- Season the chicken thighs with salt and pepper. Add the remaining vegetable oil to the pan and fry the chicken on both sides until golden. Remove from the pan.
- Deglaze pan with the chardonnay, then add the apple and vegetables to the pan.
- Add the mustard, thyme, bay leaves, and stock and bring to the boil, then turn down to a simmer.
- Return the chicken to the pan and place in the oven.
- Cook approx. 30-35 min., until chicken is golden, and the liquid has reduced by at least a quarter.
- Remove the chicken onto a plate, cover lightly with foil or a lid to keep warm.
- Add the cream to frypan and bring back to the boil. Turn down to a simmer and reduce for approx. 5 minutes until the sauces thickens.
- Season to taste and add chopped parsley and return the chicken to the pan.
- Serve with steamed greens, potatoes, pasta, or rice.