

Chicken Goulash

Recipe Cookbook: Food and Wine Quick from Scratch

Prep Time: 10 minutes

Cooking Time: 33 minutes

INGREDIENTS:

1 TBS cooking oil	8 Chicken thighs
1 1/2 tsp salt	1 onion, chopped
2 carrots, cut into 1/4" slices	2 ribs celery, cut into 1/4" slices
2 garlic cloves, minced	2 TBS paprika
1 TBS all purpose flour	1/8 tsp cayenne pepper
1 1/2 C canned low sodium chicken broth	
1 1/2 C canned crushed tomatoes in thick puree	
1/4 tsp dried thyme	1 bay leaf
2 TBS chopped fresh parsley	1/4 tsp fresh ground black pepper

DIRECTIONS:

In large, heavy pot, heat oil over moderately high heat. Season chicken with 1/4 tsp of the salt - add it to pan. Cook chicken till browned, turning (about 8 minutes in all). Remove. Pour off all but 1 TBS fat from pan.

Add onion, carrots, celery + garlic to pan. Reduce heat to moderate - cook, stirring occasionally, till onion is translucent (about 5 minutes).

Reduce heat to moderately low - add paprika, flour + cayenne to pan. Cook 30 seconds, stirring. Stir in broth, tomatoes, remaining 1 1/4 tsp salt, thyme + bay leaf. Add chicken and bring to simmer. Reduce heat and simmer, partially covered, till chicken is done (about 20 minutes). Remove bay leaf and add parsley + black pepper.

Wine Recommendation: Experiment with one of the increasing number of reds imported from Hungary. Try Egri Bikaver or a varietal such as merlot or cabernet sauvignon.

Serves: 4