

Braised Chicken and stock

Yield: Approximately 1 ½ quarts stock and 1 ½ pounds chicken

Ingredients

2 pounds boneless skinless chicken thigh

1 Large Onion Chopped

4 Stalks Celery Chopped

3 Medium Carrots Peeled and Chopped

4 Sprigs Thyme

4 Sprigs Rosemary

Oil

Salt and Pepper

Procedure:

-Season chicken on both sides with salt and pepper. Heat oil in a large pot over medium-high heat. Working in batches if needed, sear chicken, skin-side down, until golden brown, 8 to 10 minutes. Flip chicken and continue to cook until it is browned on the other side, another 5 to 8 minutes. Set chicken aside.

-Leaving all the browned bits in the pot, return 2 tablespoons of oil to the pot. Add onions, celery and carrots. Season with salt and pepper and cook on medium heat, stirring to scrape up all the bits on the bottom of the pot. Cook until vegetables start to soften, about 4 minutes or so. Return chicken to the pot along with thyme and 10 cups of water. Simmer, uncovered, until chicken is completely tender and liquid has reduced by about 1/4, about 30 to 40 minutes.

-Transfer chicken to a container to cool. Strain the stock and reserve for later