

Braised Beer Chicken

Recipe courtesy of Dave Lieberman

1 1/2 pounds boneless skinless chicken thighs
3 tablespoons vegetable oil
1 large onion, finely chopped
5 ounces Crimini mushrooms, stems removed and cut in half
2 medium parsnips, peeled and cut into eighths
1 15-ounce can diced tomatoes
Few sprigs thyme
Salt and freshly ground pepper
Free-range, all-natural chicken stock
Belgian ale

Preheat oven to 300 degrees

Salt and pepper the chicken thighs. Heat the vegetable oil in a large skillet over high heat for a couple of minutes. Brown the chicken thighs well on both sides. Remove the chicken and reserve to a plate. Lower the heat on the skillet to medium, add the onions, mushrooms and saute about 7 minutes until softened, stirring often. Add the parsnips, tomatoes, the reserved chicken and thyme, then cover with half chicken stock and half ale (or all chicken stock if you choose not to use the ale.) Bring to a simmer, then transfer to the oven for about 2 hours.

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