

## **CHICKEN with WHITE WINE-MUSHROOM SAUCE**

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KITCHEN



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Makes 3 - 4 servings

### **INGREDIENTS**

2 tablespoons olive or avocado oil  
3 - 3 ½ pounds chicken thighs, bone-in or boneless  
Kosher salt and ground black pepper  
1 large shallot, minced or ½ small onion, minced  
1 clove garlic, minced  
2 tablespoons Cognac, brandy or dry sherry  
1 cup white wine - any dry variety  
1 ½ teaspoons fresh thyme leaves or 1/2 teaspoon dried thyme  
2 tablespoons unsalted butter  
6 ounces sliced mushrooms - button, cremini or oyster  
1/3 cup canned coconut milk (recommend Chaokoh or Aroy-D brands)  
chopped fresh parsley, for garnish if desired

### **DIRECTIONS**

1. In a large skillet, heat the oil over medium heat. Add the chicken and sprinkle lightly with salt and pepper. Brown slightly, about 4 minutes per side. Transfer browned chicken to a platter.
2. In the same skillet, add the shallot and sauté for approximately 30 - 60 seconds, until just softening; careful not to burn. Add the garlic and sauté for 30 seconds more, until fragrant. Carefully add the Cognac (or other spirit) to the pan; deglaze by scraping up the brown bits from the bottom of the pan.
3. Place the chicken thighs back into the skillet, and add the wine and thyme. Cover and gently simmer over low heat until cooked through, about 30 - 40 minutes for bone-in thighs, and 15 - 20 minutes for boneless. (Internal temperature should reach 165°F.)
4. While the thighs are simmering, sauté the mushrooms in a separate medium-sized skillet. Melt the butter in the skillet over medium heat. Add the mushrooms and sauté until the liquid evaporates and they are slightly browned, about 7 - 10 minutes.

This rustic dish is one of my favorites. I use coconut milk instead of heavy cream, which adds a unique richness to the sauce, and thyme to increase the aromatics. I also leave out traditionally used flour to make it gluten-free. If a thicker sauce is desired, adding a small amount of cornstarch mixed with water will do the trick.

This dish is fairly easy to prepare and presents like something quite special. Serve it with mashed parsnips and sweet potatoes along with Brussels sprouts, asparagus or fresh green beans.

5. When the chicken is finished simmering, transfer the thighs to a serving dish with sides and cover to keep warm. To the pan containing the sauce, add the coconut milk and the mushrooms; stir to combine. Simmer, uncovered, gently over low heat and allow to thicken slightly, about 2 - 4 minutes. Taste sauce, season with additional salt and pepper if needed.

**If a thicker sauce is preferred** - combine 1 teaspoon cornstarch and 1 tablespoon cold water in a small bowl. Add small amounts of this thickening liquid to the sauce just until it is slightly thickened. (Discard any extra thickening liquid.) Allow to gently simmer over low heat for 2 minutes.

6. Pour the sauce over the chicken thighs in the serving dish. Garnish with chopped parsley, if desired. Serve immediately.