
Braised Chicken with Shallots and Grapes

Adapted from a *Saveur* recipe for roasting a duck



Servings: 4

1. Salt the chicken well, inside and out. Preheat the oven to 375°F.
2. Pour the stock and red wine into the bottom of a heavy, lidded pot such as a Dutch oven. Add the bay leaf. Arrange the shallots, grapes and thyme in the pot, then nestle the chicken on top. Roast for 30 minutes, covered.
3. Reduce oven temp to 200°F, remove lid and cook for an hour. Increase heat to 400°F and continue roasting for 15 minutes. Chicken thigh meat should register 170°F. Remove to a cutting board, tent with foil for 10 minutes, then slice chicken in pieces, and serve with some of the shallots and grapes, along with lots of sauce. If there is leftover sauce, chill it to remove the fat and use with leftover chicken, or save to add to soup.

Salt

- 1 pound red grapes, on the stems, seedless
- 12 shallots (12 to 15) or pearl onions
- 2 bay leaves
- 1 bunch fresh thyme, on the stems
- 1 cup low sodium chicken broth
- 1 cup red wine
- 1 large chicken

Per Serving (excluding unknown items): 949 Calories; 59g Fat (58.3% calories from fat); 69g Protein; 25g Carbohydrate; 1g Dietary Fiber; 340mg Cholesterol; 434mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 1 Fruit; 6 Fat.

Carolyn T's Blog: tastingspoons.com