

COURSE NAME	The Covered Pot: How Tough Becomes Tender
INSTRUCTOR	
DATE	
STUDENT NAME	

## Braised Chicken with Spinach and Herbs



### NOTES FOR THE HOME COOK

Braised meat is the economical home cook's ally. Full of flavor and less expensive, the meats we use to braise also demand little hands-on time to transform into delicious suppers with plenty of leftovers. Braised or stewed chicken, beef, and pork can be stored in covered container in the refrigerator for 3 days. To make cooking easier, read the recipe so you know the plan and gather all of your ingredients before you start cooking, and use marinating and long cooking times to prepare side dishes or finish other work. Serve with baked potato or buttered noodles and a green salad.

### INGREDIENTS

- 3 pounds (5- to 7-ounce) bone-in, skin-on chicken thighs**
- Salt**
- Pepper**
- 1 teaspoon vegetable oil, plus more as needed**
- 1 medium onion**
- 2 medium garlic cloves**
- 2 teaspoons unbleached all-purpose flour**
- 1 cup low-sodium chicken broth**
- ½ cup white wine**
- 1 bay leaf**
- 2 sprigs fresh thyme or ½ teaspoon dried thyme**
- 1 lemon**
- 3 ounces baby spinach**

### EQUIPMENT

- **Equipment**
- **Cutting board**
- **Chef's knife**
- **Dinner plate**
- **3 small prep bowls**
- **Paper towels**
- **12-inch nonstick skillet with tight-fitting lid**
- **Tongs**
- **Measuring spoons**
- **Liquid measuring cup**
- **Dry measuring cups**
- **Wooden spoon**
- **Whisk**
- **Instant-read thermometer**
- **Aluminum foil**
- **Spoon**
- **Serving platter**

### RECIPE SNAPSHOT

TOTAL TIME	<b>60 minutes</b>
PREPARATION TIME	<b>15 minutes</b>
ACTIVE COOKING TIME	<b>20 minutes</b>
YIELD	<b>4-6 servings</b>
MAKE AHEAD	<b>Braise can be made in advance up until point where spinach is added. When ready to serve, reheat chicken thighs completely and then stir in spinach, parsley, and lemon juice.</b>
DIFFICULTY	<b>Easy</b>

### NOTES

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