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## Chicken Fricassee with Tarragon

- 2 1/2 Pounds chicken, pieces (breast halves, thighs, and drumsticks), bone-in, skin removed
- 1/4 Tsp salt
- Pepper, black, to taste
- 2 Tbsp flour, all-purpose
- 1 Tbsp oil, olive, extra-virgin
- 5 Large shallot(s), finely chopped, (about 1 cup)
- 1 Cup wine, dry white
- 1 1/2 Cups broth, chicken, less sodium
- 1 Medium carrot, peeled and thinly sliced
- 1 Pound mushrooms, fresh small button, wiped clean and halved or quartered
- 4 Sprigs tarragon, fresh
- 4 Tsp tarragon, fresh, chopped
- 1 Tbsp cornstarch
- 1 Tbsp water
- 1/4 Cup sour cream, reduced-fat
- 2 Tsp mustard, Dijon

- 1) Season chicken with salt and pepper. Dredge in flour, shaking off the excess. Heat oil in a large deep skillet or Dutch oven. Add chicken; cook until browned, about 4 minutes per side. Transfer to a plate.
- 2) Add shallots to the pan; cook, stirring, until fragrant, about 30 seconds. Add wine and scrape up any browned bits. Simmer until reduced slightly, about 3 minutes.
- 3) Add broth; bring to a simmer. Return the chicken to the pan; add carrot, mushrooms and tarragon sprigs. Reduce heat to low, cover and simmer gently until the chicken is tender and no longer pink in the center, about 20 minutes.
- 4) Transfer the chicken to a plate; cover with foil to keep warm. Discard tarragon sprigs. Increase heat to medium-high. Simmer the cooking liquid for 2 to 3 minutes to intensify flavor.
- 5) Add cornstarch mixture and cook, stirring, until slightly thickened, about 2 minutes. Whisk in sour cream, mustard and chopped tarragon. Serve immediately.

Makes 4 Servings

