

# BEER BRAISED CHICKEN

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COOK TIME: 1 hour

SERVES: 4

CALORIES: 238 kcal (PER SERVING)

## INGREDIENTS

### \*CHICKEN THIGHS

8 bone-in, skin-on chicken thighs

1 tsp each: salt, black pepper,  
sweet paprika, garlic powder

¼ each: ground turmeric, ground coriander

### \*SAUCE

1 tbsp olive oil

1 tbsp salted butter

250 g/9 oz cremini mushrooms, sliced

2 shallots, finely chopped

6 garlic cloves, minced

1 tsp each: salt, black pepper

1 tbsp minced thyme leaves

1 tsp low sodium soy sauce

2 tbsp flour

2 tbsp double-concentrated tomato paste

120 ml/½ cup chicken broth

330 ml/1 ½ cup brown ale

1 tsp brown sugar

1 tbsp lemon juice

### \*FOR SERVING

2 tbsp chopped parsley

crushed red pepper flakes

thyme sprigs

## DIRECTIONS

Start with preparing the chicken thighs: In a small bowl, add salt, black pepper, sweet paprika, garlic powder, turmeric and coriander. Stir to combine. Rub seasoning on both sides of the chicken.

Chop the thyme leaves, mince the garlic, finely chop the shallots and thinly slice the mushrooms.

Preheat the oven to 220 °C/425 °F

Heat a cast-iron or a heavy-bottomed skillet over high heat. Add oil and butter. Place chicken thighs skin side down, cook for 2 minutes. Reduce heat to medium, cook for 10 minutes, move chicken around every couple minutes. Turn, cook for 5 minutes more. Remove from skillet onto a clean plate.

Remove excess grease, leaving 1 tbsp in the skillet. Set aside.

Add mushrooms to the skillet. Cook for 4-5 minutes until they start to release moisture, stir occasionally. Add 1 tablespoon chicken grease and cook until mushrooms are golden brown. Add garlic and shallot, cook for 2 minutes. Stir in salt, black pepper, thyme leaves and soy sauce.

Add flour, stir until fully incorporated. Deglaze with chicken broth, simmer for 2 minutes, stirring with a wooden spoon while scraping up the brown bits on the bottom of the skillet. Stir in tomato paste.

Pour in brown beer, bring to a boil. Add brown sugar and lemon juice. Simmer for 5 minutes.

Return chicken skin-side-up to the skillet, nestling it into the sauce. Top with thyme sprigs. Transfer to the oven and bake uncovered until the chicken is cooked through and tender, about 15 minutes. Reduce the temperature to 160 °C/320 °F. Bake for 10 minutes more.

When ready, finish off with freshly ground black pepper, crushed red pepper flakes and chopped parsley. Enjoy!

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