



A Recipe from the

Chicken Marsala And Mushroom Stew
courtesy of Meals in Heels by Jennifer Joyce

INGREDIENTS

chicken marsala stew

prep time 20 minutes cook time 40 minutes

serves 6

2 lb skinless chicken thigh fillets, fat trimmed and halved
plain (all-purpose) flour, for dusting
2 tablespoons olive oil
4 large French shallots, chopped
2 garlic cloves, finely chopped
1 tablespoon finely chopped rosemary leaves
14 oz chestnut or baby portobello mushrooms, sliced
1 tablespoon tomato paste (concentrated purée)
1 cup Marsala wine
400 ml (14 fl oz) beef stock
chopped flat-leaf parsley, for garnish

PREPARATION

Season the chicken with salt and pepper and dust with flour. Heat half the oil in a large saucepan over medium heat. Cook the chicken, in batches, for 1-2 minutes each side or until browned. Remove and set aside.

Add the remaining oil, shallot, garlic and rosemary to the pan, season with salt and pepper and cook for 5-6 minutes or until the shallot is softened. Add the mushrooms and cook for 5 minutes or until browned. Add the tomato paste, Marsala, stock and chicken, reduce the heat to low and simmer for 25 minutes or until the chicken is tender. Scatter over lots of parsley to serve.

Takoma Park Farmers Market