Chicken Chasseur

40 g plain flour

1.2kg chicken pieces

15ml / 1 tbsp olive oil

3 small onions or large shallots, sliced

175g mushrooms, quartered

1 garlic clove, crushed

60ml / 4 tbsp dry white wine

125ml chicken stock

250ml canned chopped tomatoes

Salt and freshly ground pepper

Fresh parsley, to garnish

1. Put the flour into a polythene bag and season with salt and pepper. One at a time, drop the chicken pieces into the bag and shake to coat with flour. Tap off the excess and transfer to a plate.
2. Heat the oil in a heavy flameproof casserole. Fry the chicken over a medium-high heat until golden brown, turning once. Transfer to a plate and keep warm.
3. Pour off all but 15ml / 1 tbsp of fat from the pan. Add the onions or shallots, mushrooms and garlic. Cook until golden, stirring frequently.
4. Reheat the chicken to the casserole with any juices. Add the wine and bring to the boil, then stir in the stock and the tomatoes. Bring back to the boil, reduce the heat, cover and simmer over a low heat for about 20 minutes until the chicken is tender and the juices run clear when the thickest part of the meat is pierced with a knife. Tilt the pan and skim off any fat that has risen to the surface, then adjust the seasoning before serving.

Bon Appetit!