

# Braised Chicken Thighs with Mushrooms

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Ingredients:

1 tablespoon olive oil  
6 chicken thighs  
1 tablespoon Creole Seasoning or Emeril's Essence  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
2 tablespoons butter  
16 ounces button mushrooms, thinly sliced  
1 cup sliced yellow onion  
1 tablespoon minced garlic  
2 tablespoons all-purpose flour  
2 tablespoons tomato paste  
2 cups chicken stock  
2 tablespoons coarsely chopped fresh rosemary leaves  
4 cups steamed white rice  
2 tablespoons chopped fresh parsley leaves

Directions:

Set a 10-inch, straight-sided sauté pan over medium-high heat and add the oil. Season the chicken thighs with the Creole Seasoning or Emeril's Essence, salt and pepper. Place the chicken, skin side down in the pan and sear until golden brown, about 3 to 4 minutes. Turn the chicken over and sear on the second side for another 3 to 4 minutes. Remove the chicken from the pan and add the butter and mushrooms. Saute the mushrooms, stirring occasionally, until browned and most of the liquid has evaporated, about 4 to 5 minutes. Add the onions and garlic to the pan and sauté for 3 to 4 minutes. Sprinkle the flour into the pan and cook, stirring often to make a light brown roux, about 4 to 5 minutes. Add tomato paste, stock and rosemary to the pan, bring to a boil and reduce to a simmer. Return the chicken to the pan, skin side down and cook the chicken for 30 minutes. Turn the chicken over and cook until the meat is very tender, about 30 minutes. Serve the chicken over rice and garnish with the chopped parsley.

~ Credit: Emeril Lagasse