

EVERYTHING Herbal

by Cheryl Jabz



COOKING
WITH HERBS
FOR HEALTH,
FLAVOR &
TRADITION



Bubbie's CHICKEN FRICASSEÉ

A classic French dish of tender chicken
simmered in a creamy herb sauce with
mushrooms and onions.

INGREDIENTS

- 8 chicken thighs or a mix of thighs and drumsticks
- Salt and black pepper
- 2 tbsp butter
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 250 g (8 oz) mushrooms, sliced
- 2 tbsp flour
- 1 cup (240 ml) chicken stock
- 1 cup (240 ml) heavy cream
- 1 tsp dried thyme (or a few fresh sprigs)
- 1 bay leaf
- 1 tbsp chopped fresh parsley
- Optional: ½ cup dry white wine

INSTRUCTIONS

1. Season the chicken with salt and pepper.
2. Heat the butter and olive oil in a large skillet or Dutch oven. Brown the chicken lightly on both sides (don't cook it through), then remove.
3. In the same pan, sauté the onion and mushrooms for about 5 minutes. Add the garlic and cook for 30 seconds.
4. Sprinkle in the flour and stir for 1 minute.
5. Gradually whisk in the chicken stock (and wine, if using), then add the cream, thyme, and bay leaf.
6. Return the chicken to the pan, cover, and simmer gently for 30–40 minutes until the chicken is tender and cooked through.
7. Remove the bay leaf, stir in the parsley, and adjust seasoning.

SERVE WITH



Creamy
Mashed
Potatoes



Buttered
Egg
Noodles



Steamed
Rice



Crusty
Bread



Green
Beans or
Peas

Herbal Benefits

Thyme supports immunity
and respiratory health.

Mushrooms provide antioxidants
and are great for overall wellness.

Garlic and onions support
heart and immune health.

SCAN
ME



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