



## 4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

## The Friday 4

**1 Quick Recipe:****Beer Braised Chicken**

½ Cup Whole Wheat Flour, \*divided  
 ½ Tsp Sea Salt, plus more to taste  
 ½ Tsp Black Pepper, plus more to taste  
 2 LBs Boneless, Skinless Chicken Thighs  
 2 TB Avocado or Grapeseed Oil  
 2 Cups Chopped Red Onion  
 4 Carrots, in thin sticks about 2" long  
 8 OZ Sliced Baby Bella mushrooms  
 1 Cup Dark Beer, darker the better  
 1 Cup Chicken or Veggie Stock  
 2 TB Coarsely Ground Dijon Mustard  
 1 TB Dried Thyme

1 Cup Frozen Baby Peas, defrosted  
**Step One** Whisk together ¼ cup of the flour with ½ Tsp of salt and pepper in a flat bowl. Toss the chicken thighs in the flour mixture and set aside. Heat the oil in a cast iron skillet or large flat casserole. Add the chicken thighs and cook until golden brown or about 4 minutes per side. Remove and set aside.

**Step Two** Add the onions, carrots and mushrooms to the skillet and sprinkle the remaining flour over them. Cook and stir over



medium heat, another 5 - 7 minutes, making sure to keep the veggies moving and not burning.

**Step Three** Add the beer and stock to the pan and bring to a boil scraping up any brown bits. Stir in the mustard and thyme. Return the thighs to the pan, covering them with the vegetables. Reduce the heat until the liquid is gently simmering, then cover and cook for 15 minutes. Add the peas and cook about 5 minutes more. Season with salt and pepper and serve on top of a \*roasted potato mash.

**2 Kitchen Scoop**

\*When a recipe says "divided" it means that ingredient will be used more than once.

**3 Clever Idea**

\* To make a roasted potato mash, simply boil small red or gold potatoes for about 15 minutes. Chop in 1" pieces and toss with olive oil salt and pepper. Spread on a sheet pan and roast in a 400F oven for about 20 minutes or until crispy golden brown. \*Remove and mash!

**4 Cheers!****Boom Boom Syrah**

Washington State  
About \$16.00

The earthy flavors of a Syrah go great with this easy and yummy chicken braise. Syrah hails from the Rhone Valley in France originally, but this easy-drinking wine is from Washington State - created by an awesome winemaker, [Charles Smith](#). In this bottle, one that's easy to find in many stores, you'll taste plummy jammy blackberries with a hint of berries and earth. Rich braised (or roasted), veggies taste great with this fruit forward New World Syrah.