

CHICKEN THIGHS WITH APPLES AND SAGE

(from The Bewitching Kitchen)

for the chicken:

- 1 Tbsp olive oil
- 6 boneless skinless chicken thighs
- 3/4 tsp each salt and black pepper, or to taste
- 3/4 tsp paprika

for the apples:

- 2 Tbsp olive oil
- 2 medium gala apples, cored and sliced thin
- 2 large stalks celery, sliced 1/4 inch thin
- 1 shallot, minced
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tsp each minced fresh thyme, rosemary and sage (or 1/2 tsp each dried)

for the sauce:

- 1 cup apple juice
- 1 Tbsp honey
- 1 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 1/2 tsp cornstarch dissolved in 1 tablespoon cold water, reserved

In liquid measuring cup whisk together the apple juice, honey, apple cider vinegar, and dijon mustard. If cooking chicken in a pressure cooker, separate that amount in two parts (no need to be exact, eye balling is fine).

Heat a skillet over medium high heat, or if using a pressure cooker, do this step right in the pan. Sprinkle chicken on both sides evenly with paprika, salt and pepper. Drizzle olive oil into skillet or pressure cooker, when very hot add the chicken and brown on both sides. If using a pressure cooker, add half of the cooking liquid, bring to a gentle boil, close the pan and cook under pressure for 12 minutes. Release pressure under running water, reserve the meat. If the liquid does not reach halfway up the pieces of chicken, complete that volume with water.

If cooking the chicken on a skillet, remove the pieces to a platter, add more oil to the pan, and sautee the celery, shallots and pieces of apple, seasoning with cinnamon and nutmeg. If cooking the chicken under pressure, sauté the apples and veggies using a clean skillet the same way described above. When the apples are soft, add the apple juice mixture, season with a little more salt and pepper, if so desired. Return the chicken to the pan.

If the chicken was cooked in the pressure cooker, simply warm everything together for a couple of minutes, then add the cornstarch slurry and the fresh sage. Serve immediately. If the chicken was not prepared under pressure, simmer with the pan covered until fully tender, probably 15 minutes. Add the sage and the cornstarch slurry right before serving.