

Kickin' Chicken

Ingredients

- 1 Whole cut up chicken
- 1 Tbsp. Avocado oil
- 3 Tbsp. Unsalted butter
- 4 Garlic cloves finely chopped
- 1/3 c. Shallots finely chopped
- 1 Large carrot finely chopped
- 1 Tbsp. Tomato paste
- 1 c. Dry red wine
- 1/2 c. Pinot Noir Vinegar
- 2 Tbsp. Sugar
- 1 c. Chicken broth

Preparation

1. Preheat oven to 350 degrees
2. Sprinkle chicken with salt and pepper. Heat oil and butter in a frying pan and brown chicken on both sides (5min. Per side) Transfer to a shallow roasting pan and roast in oven for about 15min.
3. Meanwhile, in pan that chicken was fried in, add more Avocado Oil if needed.
4. Add carrot, garlic and shallot and cook for about 5 min. Add tomato paste and cook 1 min. Add wine, vinegar and sugar and reduce sauce by half. About 8 min. Add all juices from chicken pan to sauce and bring to a boil for 2 min. Strain sauce if needed.
5. Note: for a nice glossy sheen to your sauce add 2 Tbsp of butter before pouring over chicken.

This dish can be served with sautéed cabbage or roasted potatoes