



Chicken Normandy

 Popular

READY IN



100 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 cooking apples red cored sliced into wedges (you can peel or not) for this dish, do not use a delicious (Fuji or Jonagold are perfect)
- ☐ 4 servings flour for dredging
- ☐ 4 chicken legs whole with thighs)
- ☐ 4 servings salt
- ☐ 1 large onion peeled sliced lengthwise to top) into wedges
- ☐ 120 ml brandy (apple brandy or Calvados if you have it)
- ☐ 475 ml apple cider (the cloudy type)

- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cup heavy whipping cream

Equipment

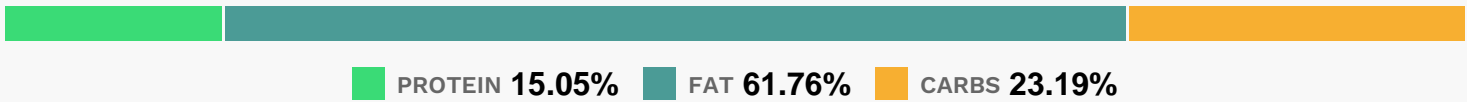
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ Sprinkle chicken with salt:
- ☐ Sprinkle salt over the chicken pieces and let sit for 20 minutes at room temperature while you prep the other ingredients and sauté the apples in the next step.
- ☐ Sauté apple slices: Preheat the oven to 375°F (190°C).
- ☐ Heat 2 Tbsp of the butter in a large, oven-proof sauté pan over medium heat.
- ☐ Add the apple slices and sauté until they turn a little brown around the edges, turning occasionally.
- ☐ Sprinkle the apple slices with a little salt.
- ☐ Remove from pan and aside on paper towels to drain.
- ☐ Dredge chicken in flour, brown in pan: Dredge the chicken in flour and place the pieces in the sauté pan, skin side down.
- ☐ Add the remaining 2 Tbsp of butter.
- ☐ Fry until golden, about 3–5 minutes on medium to medium-high heat on each side.
- ☐ Remove from pan and set aside.
- ☐ Add the onions and increase the heat to medium-high.
- ☐ Spread the onion slices out in an even layer to cover the pan. As the onions cook they will release moisture that will help deglaze the pan of the browned bits from the chicken.
- ☐ Sauté the onions, stirring occasionally, until they just being to brown, about 5–8 minutes.
- ☐ Deglaze pan with brandy:

- ☐ Add the brandy to the pan. Using a wooden spoon, scrape any remaining browned bits off the bottom of the pan.
- ☐ Let the brandy boil until it has reduced by about half.
- ☐ Add the apple cider and bring it to a boil.
- ☐ Sprinkle in the thyme.
- ☐ Add just a pinch of salt to the cider.
- ☐ Place chicken on onions, and roast in oven: Arrange the chicken legs in the pan so the skin faces up and is not submerged by the cider–brandy mixture.
- ☐ Place in the oven and cook at 375°F (190°C), uncovered, for 30 minutes.
- ☐ Remove the pan from the oven. (Watch out for the hot handle! I like to run an ice cube over the handle as soon as I remove the pan, to help bring the handle temp down quickly and prevent a bad burn if I forget the handle is hot.)
- ☐ Remove the chicken pieces from the pan and set aside.
- ☐ Place the pan back on a stovetop burner on high heat.
- ☐ Add the apples and boil down the sauce by half.
- ☐ Add cream, salt, pepper: When the sauce reduces to the point where it's a little syrupy, add the cream and turn down the heat. Taste for salt and add some if needed.
- ☐ To serve, spoon some apples and onions on the plate, top with sauce and a piece of chicken.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:13.6, Inflammation Score:-8, Nutrition Score:14.816956623741%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 12.43mg, Epicatechin: 12.43mg, Epicatechin: 12.43mg, Epicatechin: 12.43mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 692.3kcal (34.62%), Fat: 43.08g (66.28%), Saturated Fat: 19.75g (123.43%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.05g (12.02%), Sugar: 23.35g (25.95%), Cholesterol: 183.52mg (61.17%), Sodium: 407.79mg (17.73%), Alcohol: 10.16g (100%), Alcohol %: 2.81% (100%), Protein: 23.62g (47.23%), Selenium: 27.08µg (38.69%), Vitamin B3: 6.79mg (33.97%), Vitamin B6: 0.53mg (26.45%), Phosphorus: 259.28mg (25.93%), Vitamin B2: 0.34mg (19.74%), Vitamin A: 966.27IU (19.33%), Potassium: 575.6mg (16.45%), Vitamin B5: 1.56mg (15.64%), Vitamin B1: 0.22mg (14.68%), Zinc: 2.18mg (14.55%), Fiber: 3.35g (13.41%), Manganese: 0.27mg (13.28%), Vitamin B12: 0.79µg (13.21%), Magnesium: 43.27mg (10.82%), Vitamin K: 11.36µg (10.81%), Iron: 1.92mg (10.68%), Vitamin C: 8.59mg (10.41%), Folate: 31.03µg (7.76%), Copper: 0.15mg (7.29%), Vitamin E: 1.09mg (7.25%), Calcium: 64.12mg (6.41%), Vitamin D: 0.6µg (4.03%)