

Treasure Barrel

Chicken In White Sauce Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Chicken

- [ ] 1.5 lbs bone-in, skin-on chicken thighs
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tbsp olive oil

For the White Sauce

- [ ] 2 tbsp butter
- [ ] 1 shallot, minced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup chicken broth
- [ ] 1 cup heavy cream
- [ ] 3 sprigs fresh thyme
- [ ] 1/4 tsp nutmeg (freshly grated if possible)
- [ ] Salt and pepper to taste

For Serving

- [ ] Fresh parsley, chopped
- [ ] Optional: cooked rice, mashed potatoes, or crusty bread

Instructions

1. Pat the chicken thighs dry with paper towels. Season both sides with salt and pepper. In a large skillet, heat the olive oil over medium-high heat. Once hot, add the chicken skin-side down. Cook for 5-7 minutes until the skin is golden and crispy. Flip and cook for another 4-5 minutes. Remove the chicken and set aside.
2. Reduce the heat to medium. Add the butter to the same skillet. Once melted, add the minced shallot and cook for 2-3 minutes until softened. Add the garlic and cook for another minute until fragrant.
3. Pour in the chicken broth, scraping the bottom of the pan to lift any browned bits. Bring to a gentle simmer. Add the fresh thyme sprigs and the grated nutmeg.
4. Return the chicken to the skillet, skin-side up. Reduce the heat to low, cover, and let it simmer for 15-20 minutes, until the chicken is cooked through.
5. Remove the chicken to a plate. Stir the heavy cream into the sauce. Increase the heat to medium and let the sauce simmer for 3-4 minutes, until it thickens slightly. Taste and adjust seasoning with salt and pepper.
6. Return the chicken to the sauce to warm through. Sprinkle with fresh parsley before serving. Enjoy hot with your choice of sides.

Nutrition per serving

480 kcal	28 g	4 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don’t overcrowd the pan when browning the chicken. Cook in batches if needed.
- Let the sauce reduce to your preferred consistency—it will thicken as it cools slightly.
- This dish is even better the next day, as the flavors meld together.