

PAN-SEARED CHICKEN WITH GRITS AND MUSHROOM AU JUS

This dish uses pantry-friendly ingredients like grits and dried mushrooms to create a warm and filling dish—perfect for fall. Using bone-in, skin-on chicken quarters allows us to really build a pan sauce (the "au jus") full of flavor from both the chicken drippings, soaked mushrooms, and a touch of vegetable broth. We're sure this will become a dinner staple!



Ingredients

- 4 chicken quarters
- 1 ounce dried shiitake mushrooms
- 1 box vegetable broth (4 cups)
- 4 ounces sour cream
- 1 onion
- 2 cups grits

From your pantry:

- Olive oil
- 1 Tablespoon Worcestershire sauce
- Salt and pepper

Equipment:

- Large saute pan
- Medium pot

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat the oven 375 degrees.

1. Remove **shiitake mushrooms** from package and place in a small bowl. Add 1 cup of hot water to the mushrooms to rehydrate them. Allow to sit for 10 minutes, then drain water. Peel and dice **onion**.
2. Heat 1 Tablespoon oil in a large saute pan over medium-high heat. Season **chicken quarters** with salt and pepper. Add chicken skin down to hot pan and sear for 2-3 minutes per side until golden brown. Remove from the pan and set aside. (The chicken is NOT fully cooked at this point.)
3. Without cleaning the pan, **add mushrooms and half the onions** and saute 3-4 minutes until translucent and softened. Add **1 Tablespoon Worcestershire sauce, 2/3 cup vegetable broth**, and salt and pepper. Return chicken to pan and transfer to the oven. Bake for 20-25 min until chicken is fully cooked.
4. Meanwhile, cook the grits: heat 2 Tablespoons olive oil in a medium pot over medium heat. Add the **2nd half of the onions** and saute 3-4 minutes until translucent. Add **3 cups vegetable broth, 2 cups water**, and salt and pepper. Bring to a boil. Add **grits** and whisk until incorporated into the liquid, reduce heat and cook for 5-7 minutes stirring occasionally until they start to thicken. Remove from heat and fold in **sour cream**.
5. Scoop grits onto plates, serve with chicken quarters and plenty of mushroom sauce. Enjoy!

Tips, Tricks, and Terms

TRUE GRITS...

Native people in North America have been eating a soft corn (or maize) dish similar to grits for hundreds of years. Early settlers learned from Native Americans how ground corn into hominy and grits. Grits grew in popularity throughout the Southern US where it is now considered a staple –the "potato of the South".

There are many types of grits: stone ground, hominy, quick, and instant. Stone ground grits are coarser and include all parts of the corn kernel including the bran and hull, giving them a longer cook time and more nutrients. Quick grits are ground finely and cook quickly but lose the benefits of the hull and bran. Try a few kinds to find your family's favorite!



A little about...

AU JUS: a French culinary term meaning "with juice." It refers to meat dishes prepared or served with a light gravy or broth made from the juices released while cooking. It's a natural and easy way to enhance the flavor of dishes!

SHIITAKE MUSHROOMS: edible mushrooms native to East Asia with tan to dark brown caps. Dried, they have an *umami* flavor that's more intense than when fresh. Umami flavor can be described as savory or meaty. It's often considered the fifth taste, alongside sweet, sour, bitter, and salty.



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Shout out to local grower and maker, **Whole Grain Milling** who matched our donation of millet to the meal boxes!

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