



## Chicken Thighs Braised in Walnut Sauce

### Ingredients

8 chicken thighs skin on  
50g butter  
2 tablespoons olive oil  
2 red onions chopped  
2 bay leaves  
1 dessertspoon thyme leaves  
200ml milk  
2 egg yolks  
1 teaspoon grated nutmeg  
150g crushed walnuts (*use a mortar and pestle*)  
Salt and pepper

### Method

1. Season the chicken thighs.
2. Heat the butter and oil together in a heavy based pan until hot but not smoking, add the onions and cook 3 or 4 minutes until golden. Reserve in a bowl.
3. Add the chicken, skin side down and cook until a deep golden colour. Return the onions to the pan with the bay leaves and thyme. Add enough hot water to barely cover the chicken, bring to the boil, reduce to a simmer, cover and cook for about 30 minutes or until the chook is cooked.
4. Remove the chook from the liquid, strain the liquid and reduce to about 800ml.
5. Whisk the yolks and the milk together and add to the simmering sauce, cook until the sauce has thickened, add the nuts and nutmeg, adjust the seasoning - **do not let it boil.**
6. To serve, place the thighs on a plate and pour the sauce over it.

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