

French Bistro–Style Chicken with Tomato & Olives

Version 1: Bone-In Thighs/Legs (Classic Bistro Style)

Ingredients (serves 4)

- Chicken thighs or legs, bone-in, skin-on – **4 pieces (≈1.2 kg total)**
- Olive oil – **2 T**
- Onion – **1 medium (200 g), finely chopped**
- Garlic – **3 cloves, minced**
- Carrot – **1 small, diced** (optional)
- Celery – **1 stick, diced** (optional)
- Mushrooms – **100 g, sliced** (adds umami like your bistro dish)
- Dry white wine – **120 ml (½ cup)**
- Canned tomatoes – **1 can (400 g)**, crushed or chopped
- Unsalted chicken stock – **200 ml**
- Black olives – **75 g, halved**
- Green olives – **75 g, halved**
- Fresh thyme – **2 sprigs** (or 1 tsp dried)
- Bay leaf – **1**
- Salt – about **½ tsp total** (adjust at end)
- Black pepper – to taste



Method

1. **Brown chicken:** Heat **oil** in Dutch oven. Lightly season chicken. Brown skin well, then remove.
2. **Base:** Sauté **onion, carrot, celery, and mushrooms** until softened. Add **garlic**, stir briefly.
3. **Deglaze:** Add **wine**, scrape bottom, reduce by half.
4. **Braise:** Add **tomatoes, stock, thyme, bay**. Return chicken. Cover.
 - **Oven method:** **150 °C** for **90 min covered**, then **20–30 min uncovered**.
 - **Stovetop method:** **Gentle simmer for ~75 min covered**, then **uncover last 15 min**.
5. **Finish:** Stir in **olives, simmer 5 min**. Adjust seasoning.

Result: Tender, fall-off-the-bone chicken in a rich Provençal sauce.

Version 2: Boneless Thighs

Ingredients (serves 4)

- Boneless chicken thighs, skin-on – **800 g total** (≈200 g each)
- Olive oil – **2 T**
- Onion – **1 medium (200 g)**, finely chopped
- Garlic – **3 cloves**, minced
- Mushrooms – **100 g**, sliced
- Dry white wine – **100 ml**
- Canned tomatoes – **1 can (400 g)**
- Unsalted chicken stock – **150 ml**
- Black olives – **75 g**, halved
- Green olives – **75 g**, halved
- Fresh thyme – **1 tsp dried** (or 2 sprigs fresh)
- Bay leaf – **1**
- Salt – about **½ tsp total**
- Black pepper – to taste



Method

1. **Brown chicken:** Keep skin on for moisture. Sear until golden; remove.
2. **Base:** Sauté onion, mushrooms, garlic. Deglaze with wine.
3. **Sauce:** Add tomatoes, stock, thyme, bay leaf. Return chicken. Cover.
 - **Oven method:** **150–160 °C** for ~4**5–60 min covered**.
 - **Stovetop method:** Gentle **simmer 40–50 min** covered.
4. **Finish:** Stir in olives. Taste, adjust seasoning.

Result: Very tender thighs that slice easily with a fork. Lacks the bone “depth,” but mushrooms and olives enrich the sauce.

Approx. Nutrition (per serving, both versions)

- **Calories:** 450–480 kcal
 - **Protein:** ~32 g
 - **Fat:** 27–30 g
 - Sat. Fat: 7–8 g
 - **Carbs:** 10–12 g
 - Sugars: 5–6 g
 - **Fiber:** 2–3 g
 - **Sodium:** ~750–850 mg (mainly from olives; adjust by rinsing them)
 - **Omega-3:** ~0.2 g
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