

French Bistro–Style Chicken with Tomato & Olives

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

Serves 4

Ingredients

- 4 pieces (1.2 kg total) chicken thighs or legs, bone-in, skin-on
- 2 T olive oil –
- 1 med. (200 g) onion, finely chopped
- 3 cloves garlic, minced
- 1 small carrot, diced
- 1 stalk celery, diced
- 100 g mushrooms, sliced
- 120 ml (½ C) dry white wine
- 1 can (400 g) tomatoes, crushed or chopped
- 200 ml chicken stock, reduced sodium
- 75 g black olives, halved and rinsed
- 75 g green olives, halved and rinsed
- 2 sprigs fresh thyme (or 1 tsp dried)
- 1 bay leaf
- ½ tsp salt (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.

Version 2: Boneless Thighs

Serves 4

Ingredients (

- 800 g boneless chicken thighs, skin-on (200 g each)
- 2 T olive oil
- 1 med. (200 g) onion, finely chopped
- 3 cloves garlic, minced
- 100 g mushrooms, sliced
- 100 ml dry white wine
- 1 can (400 g) tomatoes
- 150 ml reduced sodium chicken stock
- 75 g black olives, halved and rinsed
- 75 g green olives, halved and rinsed
- 2 sprigs fresh thyme (or 1 tsp dried)
- 1 bay leaf
- ½ tsp salt (adjust at end)
- Black pepper – to taste



Method

6. Brown chicken:

- Heat oil in Dutch oven.
- Lightly season chicken. Brown skin well, then remove.

7. Base:

- Sauté onion, mushrooms, and garlic until softened.

8. Deglaze:

- Add wine, scrape bottom, reduce by half.

9. Braise:

Add tomatoes, stock, thyme, bay leaf. Return chicken. Cover.

- **Oven method:** 150–160°C for 45-60 min covered.
- **Stovetop method:** Gentle simmer for 40-50 min covered

10. Finish:

- Stir in olives, taste, and adjust seasoning.

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
- **Omega-3:** ~0.2 g

Version 3: Serves 6

Bone-In Leg Quarters

Oven time: 1 hr 45 min + 20 min. prep. Total time: 2 hrs 15 min

Serves 6

Ingredients

Chicken

- 6 whole leg quarters (225g each) (1.35 kg total)
- 1 tsp salt (initial seasoning)
- Black pepper

Browning

- 2½ T olive oil

Aromatic Base (Mirepoix + Depth)

- 300 g onions, finely chopped
- 100 g carrot, diced small
- 60 g celery, diced
- 150 g mushrooms, sliced
- 3 garlic cloves, minced
- 1 tsp tomato paste

Deglaze

- 180 ml dry white wine

Braising Liquid

- 400 g crushed tomatoes (1 can)
- 300 ml unsalted chicken stock
- 2 sprigs fresh thyme
- 1 bay leaf

Finish

- 90 g black olives, rinsed and halved
- 90 g green olives, rinsed and halved
- Fresh parsley, chopped

Method

1. Brown chicken:

Heat **2½ T olive oil** in Dutch oven. Lightly season chicken. Brown skin well, then remove.

2. Base:

Sauté **onion, carrot, celery, mushrooms,** and **tomato paste** 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 and cook at **150°C** for **70 min**.

▫ Remove lid, raise temperature to **170°C** and cook an **additional 25-30 minutes**.



5. **Finish:**
Stir in **olives**, **simmer 5 min**. Adjust seasoning.

Nutrition - Per Serving

(1 leg quarter)

Kcal: 575 | Protein: 45 g | Fat: 36 g | Sat. Fat: 9 g | Carbs: 16 g | Sugars: 7 g | Fiber: 3 g |
Sodium: 720 mg | Omega-3: 0.3 g

Total Dish (6 servings)

Kcal: 3,450 | Protein: 270 g | Fat: 216 g | Sat. Fat: 54 g | Carbs: 96 g | Sugars: 42 g | Fiber:
18 g | Sodium: 4,320 mg | Omega-3: 1.8 g

Addendum: Dutch Oven Capacity & Crowded Braise Adjustment French Bistro–Style Chicken with Tomatoes & Olives (6 servings)

Situation

When preparing **6 large bone-in leg quarters (≈1.35 kg total)**, a single Dutch oven—especially in a Japanese home oven—may not allow all pieces to sit in a flat single layer. Slight overlap is acceptable, but adjustments are required to maintain proper braising conditions.

Recommended Approach

Use one large oval Dutch oven

- Arrange chicken in the best possible single layer
- Allow **partial overlap where necessary**
- Keep as much **skin surface exposed** as possible

This method is preferable to using two pots due to oven size constraints and better sauce consistency.

Adjustment 1 — Increase Braising Liquid

Increase total liquid by **20–25%** to compensate for tighter packing and reduced evaporation.

Adjusted Braising Liquid

- **480–500 g crushed tomatoes**
 - **360–375 ml unsalted chicken stock**
- (No change needed to thyme or bay leaf)
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Adjustment 2 — Browning Strategy (Critical)

Because finishing browning is limited in a crowded braise:

- Brown chicken **in batches**
- Ensure **deep golden skin before removing**
- Lightly shake off excess surface moisture before browning

Proper browning at this stage is essential for final flavor.

Adjustment 3 — Layering Strategy

Arrange chicken deliberately:

- Larger pieces on bottom
- Smaller pieces slightly overlapping on top
- Avoid stacking more than 2 layers

Goal: maximize exposure to heat and sauce contact.

Adjustment 4 — Oven Cooking Adjustment

Follow original method with slight modification:

Covered phase

- **150°C for 70–90 minutes**

Uncovered phase

- Increase to **170°C for 30–40 minutes**

The slightly longer uncovered phase helps:

- concentrate sauce
 - compensate for reduced evaporation
 - improve surface texture
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Optional Technique — Midway Reposition

At about halfway through covered cooking:

- Quickly open pot
- Rotate pieces (top ↔ bottom)

This improves:

- even cooking
- sauce penetration

(Not required, but beneficial for large batches)

Expected Results

With these adjustments:

- Chicken will be fully tender and evenly braised
- Sauce will remain rich and properly reduced
- Skin will be softer than roasted (normal for braising)
- Flavor will be slightly more concentrated due to tighter packing