

Chicken Paprikas

900 g chicken pieces	15 ml paprika
30 ml flour	salt and pepper
60 ml butter/margarine/oil	125 ml white wine
2 finely chopped onions	375 ml chicken stock/water
250 – 500 ml minced carrots/celery/vegetables	250 ml sour cream/yogurt
1 clove chopped garlic	2 bay leaves

COAT chicken in flour.

In a large pan, SAUTÉ chicken in the butter until BROWN.

REMOVE chicken and set aside.

ADD onions, carrots, celery and garlic to pan. COOK until soft but not brown.

ADD paprika. COOK 1 minute. ADD salt and pepper to taste.

ADD the browned chicken, wine and stock. COVER and SIMMER 45 minutes.

STIR IN the sour cream. ADD bay leaves.

COVER and slowly bring to boil. STIR gently 2-3 times.

Serve over nokedli, egg noodles or rice.

For Slow-Cooker:

COAT chicken in flour. SAUTÉ chicken in the butter until BROWN.

ADD to cooker.

ADD onions, carrots, celery and garlic to pan. COOK until soft but not brown.

ADD paprika. COOK 1 minute.

ADD these vegetables to cooker. ADD salt and pepper to taste.

DEGLAZE the pan with a bit (45 ml) of the stock. ADD to cooker.

ADD wine and stock (**use only 125 ml of the stock**) to cooker.

COOK for 3 hours on high.

STIR IN the sour cream. ADD bay leaves.

COOK a further 20 minutes on high.

Notes:

Serves 6? Can be refrigerated for 3 days or frozen for 1 month.