



**Chicken in Cranberry Mustard Sauce** *(adapted from High Plains, The Joy of Alberta Cuisine by Cinda Chavich)*

5 to 6 chicken thighs, excess fat removed  
1/4 cup all-purpose flour  
Freshly ground black pepper, 1/2 teaspoon each salt and dried thyme  
2 tablespoons vegetable oil  
1 large onion, chopped  
2 cloves garlic minced  
3/4 cup white wine, divided  
3/4 cup chicken stock  
3 tablespoons Dijon mustard  
1 teaspoon whole mustard seeds  
1 tablespoon honey  
1 tablespoon instant blending flour or cornstarch  
1/3 cup dried cranberries

Heat vegetable oil in large Dutch oven over medium high. Wash and dry chicken and season well with salt, pepper and dried thyme. Dredge pieces in flour, shaking off excess. Brown on all sides in hot pan and remove to a plate. Add onion to drippings and sauté until onion is softened. Add garlic and stir to mix well with onions. Cook for addition minute. Add half a cup of wine to the pot, and simmer briefly stirring the bottom of the pot to release browned bits (fond), and then add chicken stock. Return chicken to pot, cover and simmer for 25 to 30 minutes or until thighs are cooked through. Remove lid from pot and stir in Dijon mustard, mustard seeds and honey. Make slurry out of remaining quarter cup of wine and flour and stir into sauce to thicken. Add cranberries. Serve chicken with sauce over mashed potatoes. Serves 4.