FRENCH · DINNER

Poulet au Vinaigre (Crispy Chicken in Vinegar Butter Sauce)

50 min · Serves 2 · 907 kcal a serve · Video 5:09 · Recipe30

Gluten-free ingredients · No nuts listed

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Crisp-skinned chicken thighs in a tangy red wine vinegar sauce finished with butter: about 54 g of protein and 7 g of net carbs, no flour or sugar. A big serve: about 900 kcal.

Diet notes: Keto (6.8 g net carbs a serve); Paleo with a swap: ghee instead of the cold butter.

Ingredients 12 · SERVES 2

- [ ] 4 **chicken thighs**, boneless and skin-on (about 5 oz each)
- [ ] **salt**
- [ ] **pepper**
- [ ] 3–4 tbsp **olive oil**, for searing (half the pan fat is poured off before the sauce)
- [ ] 1 **shallot**, finely chopped
- [ ] 1 **garlic** clove, grated
- [ ] 1 tbsp **tomato paste**
- [ ] ½ cup **red wine**
- [ ] ⅓ cup **red wine vinegar**
- [ ] 2 tsp chopped **fresh tarragon** (or 1 tsp dried)
- [ ] 1 cup **chicken stock** (homemade if possible)
- [ ] 4 tbsp **cold butter**, cubed

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the thighs dry, score the thick parts and season both sides. Leave skin-side up for 20 minutes, then pat dry again and prick the skin with a small knife. 0:22
2. Heat the oil in a large pan over medium-high heat. Lay the thighs skin-side down, cover with baking paper and a weight, and cook 5–7 minutes until the skin is crisp. Flip, cook 3–4 minutes more and keep warm. 1:35
3. Pour off about half the fat. In the same pan, soften the shallot for about 2 minutes, add the garlic for 30 seconds, then stir in the tomato paste over low heat for a minute. 2:40
4. Deglaze with the red wine and reduce by half. Add the vinegar and simmer about 5 minutes, then add the stock and simmer about 10 minutes until reduced by half and slightly thickened. Season and add the tarragon. 3:19
5. Over very low heat, whisk in the cold butter a few cubes at a time until glossy; don't let it boil or it will split. 4:00
6. Warm the chicken briefly (under the grill keeps the skin crisp), spoon the sauce onto plates and sit the chicken on top. 4:20

> **Tip** A big, rich plate as the cook portions it (two thighs each). Green beans or a crisp salad keep it keto. Keep the butter off the boil or the sauce will split.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
907 kcal	**54** g	**7.8** g	**1** g	**68** g	**890** mg
3,800 kJ	108% of a day	6.8 g net · 3.2 g sugars	4% of a day	25 g saturated	39% of a day
		3% of a day		87% of a day	

Energy from net carbs 3% · protein 25% · fat 72% — fits keto: 6.8 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Selenium 93% · Vitamin B6 47% · Zinc 43% · Vitamin A 33% · Vitamin B12 30% · Omega-3 26% · Vitamin E 23% · Iron 20%

Source of (10–19%) Potassium 17% · Magnesium 16% · Vitamin K 14%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=kLfLEzU11E0, published 9 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crispy-chicken-thighs-vinegar-butter-sauce