

Slow-Cooked Balsamic Chicken

This easy one-pot balsamic chicken highlights the benefits of stove top to Folding Proofer & Slow Cooker simplicity. Start this luscious recipe in a stockpot or Dutch oven on the stove, then transfer directly to the Slow Cooker. Boneless chicken thighs stay moist and tender as they are infused with flavor. Serve with roasted potatoes or spoon over rice or polenta. Try our No-Knead Brioche recipe and make buns for tasty sliders.

Yield: About six to eight servings.

Timing: 20 minutes preparation and 2-3 hours in the Folding Proofer & Slow Cooker.

Ingredients	Volume	Grams	Ounces
Olive oil, extra-virgin	1 T	16	0.5
Onion, medium, diced	1	340	12
Thyme, fresh*	5 tsp	4	0.14
Tomato paste	1 T	15	0.5
Garlic cloves, minced	3	15	0.5
Red pepper flakes	¼ tsp	0.4	0.02
Flour, all-purpose	3 T	45	1.6
Balsamic vinegar	½ C	112	4
Tomatoes, can, diced*	1	408	14.5
Chicken broth, low-sodium	½ C	112	4
Red wine, dry	¼ C	56	2
Bay leaves	2	4	0.14
Salt, kosher	¾ tsp	4.5	0.16
Black pepper, ground	½ tsp	1.5	0.05
Boneless chicken thighs, skin removed	10-12	1,800	4 lbs
Swiss chard stalks, with stems removed and leaves sliced about 1" wide*	1 bunch	170	6

***Substitutions:**

- Fresh thyme* = dried thyme 1½ tsp (4 g)
- Canned tomatoes* = 2 medium fresh tomatoes, diced
- Swiss chard* = substitute fresh spinach to taste

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, metal 4-6 quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer & Slow Cooker Model FP-101 or FP-201 may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the chicken after 2 hours.

Getting Ready. Remove the water tray and rack from the Proofer. Set to Slow Cook Mode and adjust the temperature to 195 °F / 90 °C.

Preparing the Pot. Heat oil in the stockpot over medium-high heat on a stove top until shimmering. Reduce heat and add onion, thyme, tomato paste, garlic, and red pepper flakes. Cook until the onion is soft and just begins to brown, about 8 minutes. Stir in flour and cook for 1 minute. Slowly whisk in balsamic vinegar, scraping any browned bits from the bottom of the stockpot. Cook for 2-3 minutes. Add diced tomatoes, chicken broth, red wine, and bay leaves and stir to combine.

Adding Chicken. Lightly season the chicken with salt and pepper. Submerge each piece in with the prepared ingredients in the stock pot.

Covering and Cooking. Cover the stock pot and place the pot directly on the center of the aluminum heating plate in the Proofer. Close the Proofer and allow the chicken to cook for a total of 2-3 hours. Internal temperature of boneless chicken should be at least 165 °F / 74 °C (bone-in chicken 180 °F / 82 °C). Once the chicken is fully cooked, reduce the Proofer temperature to 110 °F / 43 °C to keep the dish warm. (Folding Proofer Model FP-101 or FP-201: reduce to 85 °F / 29 °C.)

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.

Adding Chard. About 20-30 minutes before serving, gently stir in chard.