

Chicken with Altbier Sauce

- German Recipe for Chicken with Beer Sauce

Altbier was developed in the Rhine area, near Düsseldorf in the 1800s. It is made with top fermenting yeast that ferments in cool temperatures. It is a pale ale with a slightly fruity taste. This pairs well with the apples in this recipe.

Altbier from Germany is sold in 500 ml bottles in the US, often called bombers. Reissdorf makes one that is imported, as does Pinkus Münsteralt organic. If you cannot find Altbier, buy an amber ale. (*Yuengling Lager is ok.*)



Makes 4 servings / Prep Time: 20 minutes / Cook Time: 30 minutes / Total Time: 50 minutes

Ingredients:	Preparation:
<ul style="list-style-type: none">- 2 large chicken breasts or 4 chicken thighs (\approx1 lb.) <i>whole pieces or cut into strips</i>- 1 T. oil- 1 medium onion, chopped- 2 or 3 apples, sliced- 8 to 10 oz. sliced mushrooms <i>(optional)</i>- 2 T. apple juice- 1/4 c. Altbier or Ale- 1/2 c. heavy cream, or to taste- 1/4 tsp. cinnamon- Salt and pepper to taste	<p>Chicken can be in whole pieces or cut into strips. Brown chicken in oil. Remove from pan. Add onions and sauté for several minutes. Add apple pieces (<i>and mushrooms</i>) and continue to brown for about 4 minutes, stirring often.</p> <p>Pour in apple juice and beer. Stir and bring to a boil. <i>Drink the leftover beer!</i></p> <p>Return the chicken to the pan, cover, and simmer until chicken is done. This depends on the size of the pieces. Thighs should take about 20 minutes, breast pieces will take longer. Bone-in pieces will take longer, too.</p> <p>Towards the end of the cooking time, remove lid, add cream and simmer until sauce is reduced and as thick as you like it. Add cinnamon, salt and pepper to taste.</p> <p>-Serve over rice.</p>