Brown Fricassee Chicken

1 whole chicken (2½–3 pounds), cut into pieces  
flour  
salt and pepper  
¼ cup melted butter  
2 cups water or chicken broth  
2 tablespoons parsley  
1 tablespoon fresh thyme  
1 medium onion, chopped  
1 egg yolk  
2 tablespoons lemon juice  
parsley sprigs for garnish

1: Dust chicken with flour and season with salt and pepper.
2: Heat butter in a heavy Dutch oven over a medium heat. Sauté chicken in the butter until browned on all sides. Add more melted butter as needed to complete browning.
3: Pour in water and remove from heat. Sprinkle parsley, thyme, and onion over chicken. Cover and bake at 350 degrees for 1 hour.
4: Remove cover and continue to bake until chicken is tender. Remove baking dish from oven and place chicken on a serving platter. Cover with foil and keep warm.
5: Place baking pan on stovetop over a low heat. In a small bowl mix together the egg yolk and lemon juice. Slowly whisk pan drippings while scraping bottom of pan to remove caramelized bits stuck to the pan and cook until sauce thickens.

White and Brown Fricasses appear in period cookbooks throughout the nineteenth century. The difference between brown and white, beyond the possible addition of cream, is the pre-browning of the bird. Browning affects the coloring of the sauce via caramelizing the natural sugars in the ingredients. The browned drippings also provide a deeper flavor profile to the dish.