



Julia's Cuisine

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Main Course/Chicken & Turkey

Webpage:
<http://www.juliascuisine.com/>

Chicken Cacciatore

Serves 4
Prep time: 15 minutes
Cook time: 1 hour

Ingredients

4 - 6 Chicken thighs
1 Red pepper, thinly sliced
2 Carrots, peeled and diced
1 Large onion, peeled and roughly chopped
6 Garlic cloves, peeled and sliced
3 Tablespoons olive oil
2 Bay leaves
A few sprigs of fresh (or dried) thyme
1 Large can (400 grams) whole tomatoes
1 Cup/240 ml white wine
Salt
Pepper
Fresh parsley, garnish

Method

Preheat oven to 350 degrees F.

Season the chicken both sides with salt and pepper.

Heat 2 tablespoons of the olive oil in a large skillet over medium to high heat. Add the chicken and cook, browning the chicken for about 5 minutes each side. Remove chicken from pan and place on a plate.

In the skillet, add remaining tablespoon of olive oil, the garlic, peppers, onions, and carrots. Stir really well and add about 1-2 tablespoons of the wine. Stir well and reduce heat to medium. Continue to cook the vegetables for about 5-8 minutes. Add remaining wine, bay leaves and thyme. Stir well and let the wine reduce for about 5 minutes.

Add the can of tomatoes and using a wooden spoon break up the tomatoes. Season with salt and pepper and bring to a simmer for about 2-3 minutes.

Transfer your dish to the oven and bake uncovered for around 30 minutes. Remove from oven, top with fresh parsley and serve immediately.