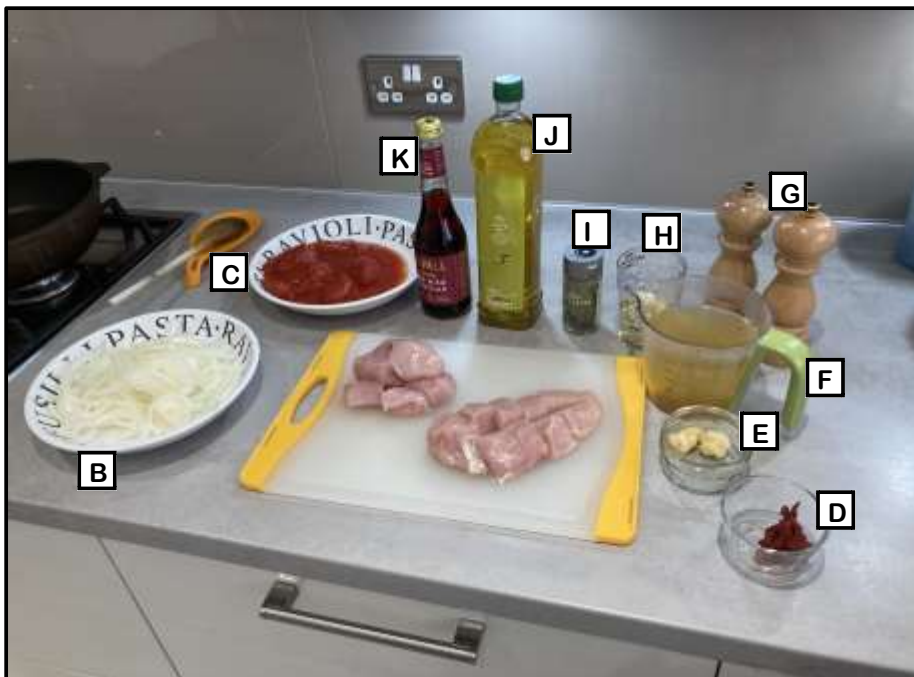


Simple Home Cooking- Recipe 3 – Hunters Chicken

This is a classic Italian Chicken stew also known as Chicken Cacciatore.

Ingredients

- A. 2 Chicken Breasts (cut into large chunks)
 - B. 1 Onion sliced
 - C. 1 tin tomatoes (whole or chopped)
 - D. 1 Tbs Tomato Puree
 - E. 2 Tsp Garlic paste
 - F. 150ml Chicken stock
 - G. Salt & Pepper
 - H. 100ml white wine
 - I. 1 Bay leaf
 - J. 2 Tbsp Olive oil
 - K. 1 Tbsp Red wine vinegar
- Optional extras –
2 sprigs Fresh Rosemary



Method

Cook Time 70 mins*

Prep Time 20 Mins*

*The quoted times are an estimated and may vary based upon your experience & chosen ingredients.

- 1) Heat the oil in a large pan or casserole on a medium heat, then fry the Chicken for few minutes until lightly brown on all sides.



- 2) Once browned remove from pan & set aside.



- 3) In the same pan, fry the onions & garlic on a low heat for 8-10mins until softened.



- 4) Then add the tomato puree and cook for a further 5 mins, stirring the puree through the onions.



- 5) Now add the white wine and allow to cook out the alcohol and reduce in volume for a few minutes.



- 6) Once the wine has reduced you can now add the tomatoes (if you are using tinned whole tomatoes then crush them down with a wooden spoon or spatula), bay leaf, chicken stock & red wine vinegar (at this point if using you can also add your sprigs of rosemary). Bring back to the boil & then reduce the heat & simmer for 20 mins.



- 7) Now add your chicken back to your pan, stir through & coat with the sauce. Cover with a lid & simmer for a further 30 mins, or until the chicken is cooked & tender. (when removing the chicken from your dish, lift out the chicken with a slotted spoon or individually, this lets any excess oil/fat stay behind).



- 8) Now serve with the sides of your choice, Mash potato, boiled potato, Sweet potato, broccoli, Rice etc. (remember to remove the rosemary sprigs & bay leaf before serving).



Hints & Tips

When buying your chicken buy the best you can afford, the very cheapest packs usually have a high water content which then reduces the size of the chicken pieces when cooked. You do not need to buy the expensive organic or corn fed chicken as this has no additional nutritional value & any extra flavour it may have would be lost in the sauce.

You can buy pre-diced chicken in most supermarkets, if you don't want to cut the chicken yourself, this will save preparation time & handling of raw produce.

You can use fresh Garlic cloves, just chop them finely.

You can buy and slice your onion in advance & bring them out of the freezer at the last minute & cook from frozen.