

CHICKEN CACCIATORE

THE HUNTERS CHICKEN

INGREDIENTS

4 bone in chicken thighs large (1 kg / 2 lb)
4 chicken drumsticks
1/2 tsp salt
Large pinch tsp black pepper
1 tbsp olive oil

Cacciatore:

1 onion , halved, finely sliced
2 rosemary sprigs (about 15 cm/6" long), or 1
tsp dried rosemary
2 bay leaves , preferably fresh else dried
3 garlic cloves , finely minced
3 anchovy fillets (or 1 tsp anchovy paste),
optional
250g / 8 oz mushrooms , sliced
2 medium red peppers or 1 large red pepper,
sliced 8 mm thick (medium, not giant)
90 g tomato paste
180 ml dry red wine
500 ml chicken stock/broth , low sodium
400g/14 oz canned crushed tomato
16 whole kalamata olives , pitted, drained
1/4 tsp cooking/kosher salt
1/4 tsp black pepper
1 tsp dried oregano

METHOD

1. Season – Spread the chicken out on a tray. Sprinkle both sides with the salt and pepper. Heat the oil over high heat in a large, deep, heavy based pan, preferably one with a lid. Place the chicken thighs in the pan, skin side down, and cook until the skin is golden brown, around 6 minutes. Turn and cook the flesh side for just 1 minute, then remove the chicken onto the same tray. Repeat until all chicken is browned. Remove onto the tray.

Step 1: Turn the heat down to medium and let the pan cool slightly. Add the onion, rosemary leaves, bay leaves and dried oregano. Cook for 3 minutes until the onion is starting to soften.

Step 2: Clear a space in the middle of the pan. Add the anchovies and garlic, cooking, mashing up the anchovies, until the garlic is light golden, then stir it into the onion.

Step 3: Turn the heat back up to high. Add the mushroom and capsicum. Stir until softened – about 5 minutes (the mushrooms will go watery then the water will evaporate). Add the tomato paste and cook for 2 minutes to cook out the sour flavour – do not shortcut this.

Step 4: Add the wine. Stir, bring to simmer then allow to reduce by around 75%. Add the stock, canned tomato, salt and pepper. Stir, bring to a simmer.

Step 5: Simmer – Then carefully place the chicken into the sauce (skin side up) and pour any juices on the tray in as well. When the liquid returns to a simmer, cover, reduce the heat to medium then simmer energetically for 20 minutes. Remove lid, add olives, simmer for a further 10 minutes (no lid). This will reduce and thicken the sauce.

Serve – Serve the chicken with plenty of sauce over mashed potato or polenta, sprinkled with parsley if desired.

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