

Sunvil Supper Club

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February 2015 - **Chicken Cacciatore**



Ingredients

Serves 4

4 tablespoons olive oil
1 onion, diced
8 chicken thighs
4 tablespoons plain flour for coating
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
120ml white wine
2 (400g) tin chopped tomatoes
2 teaspoons tomato puree
1/4 teaspoon sugar
120ml chicken stock
1 or 2 tablespoons freshly chopped parsley
Fresh basil leaves, torn
100g green or black olives, pitted
salt and pepper to taste

Method

Heat 2 tablespoons olive oil in frying pan over medium heat. Add diced onion and cook for 5 minutes or so, stirring often, until softened. Transfer to a casserole pot.

Combine the flour, salt and pepper in a bowl. Add chicken thighs and toss to coat in the seasoned flour. Heat 2 more tablespoons oil in frying pan over medium heat. Fry floured chicken thighs for 5 minutes on one side without turning - this will allow them to develop a golden colour. Turn and cook on the other side for another few minutes. Transfer to the casserole pot.

Pour white wine into the frying pan and bring to the boil. Stir to catch all the bits of chicken and flavours in the pan; add to casserole.

Add tinned tomatoes, tomato puree, salt, pepper and sugar. Pour over as much chicken stock as needed to cover the chicken. Cover casserole pot and simmer over medium low heat, for 45 minutes, or until chicken is cooked through, stirring every so often.

Just before serving, add fresh parsley, basil and olives, blend and heat slightly. Check seasoning, adding more salt, pepper or sugar, as needed.

Cacciatore means "hunter" in Italian. In cuisine, alla cacciatora refers to a meal prepared "hunter-style" with tomatoes, onions, basil, olives, and wine. It's a delicious, easy to make, rustic Italian casserole. Cacciatore is popularly made with chicken thighs but you can also use rabbit as a substitute.

There are many different variations of this dish based upon ingredients available in specific regions. For example, in southern Italy, cacciatore often includes red wine, while northern Italian chefs might use white wine. Some versions of the dish may use mushrooms.

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