

Chicken Cacciatore Recipe

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Prep Time ~ 20 mins	Cooking Time ~ 70 mins
Approx Cost ~ £10	Difficulty ~ Easy
Freeze ~ Yes	Serves ~ 4

Tip ~ You may like to remove skin prior to cooking

Ingredients

1 x 3lb whole chicken, jointed into 8 pieces (or 8 pieces of chicken)

1 tbsp olive oil

2 large onions, peeled and thickly sliced

1lb 8oz / 700g ripe red tomatoes

2 large cloves garlic, peeled and crushed

1 tbsp tomato puree

1 tbsp fresh rosemary leaves, finely chopped

1 bay leaf

10floz / 275ml dry white wine

1 tbsp white wine vinegar

Salt and pepper

You will need a large flameproof casserole with a lid, approx capacity 6 pints

Method

- Heat the oil in the casserole over a high heat and season the chicken pieces with salt and pepper. Fry the chicken in the hot oil, brown it well on all sides, and then place on a plate on one side.
- Now add the onions to the casserole. Turn the heat down to medium and cook for 8 - 10 minutes or until they are browned at the edges.
- Meanwhile skin the tomatoes and chop quite small.
- When the onions are browned, add the garlic to the pan, cook for 1 minute, then add the tomatoes, tomato puree, rosemary, bay leaf, white wine and white wine vinegar.
- Now season with salt and pepper, bring to the boil and then let it bubble and reduce without covering to about half its original volume, this will take about 20 minutes.
- Now add the chicken pieces, stir around, put the lid on and allow to simmer gently for 40 minutes, until the

chicken is cooked through.

Serve with rice and a green salad.