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CHICKEN CACCIATORE Recipe

Since Chicken Cacciatore is literally a Hunter's Stew, it is made from ingredients on hand, which means that recipes may vary considerably. The following is the recipe that I use:

Ingredients:

1-2 lbs chicken
3 tbsp flour
2 tbsp olive oil
1 medium onion, chopped coarse
1 clove of garlic, minced
1 cup mushroom caps, quartered
2 tbsp tomato paste
1/2 cup white wine
1 14 fl oz can of tomatoes, crushed
1 tsp salt
1/4 tsp ground black pepper
3/4 tsp dried tarragon
1 tbsp paprika
chicken stock as needed

Instructions:

Depending on how fancy you want to be, the chicken can be breasts cut to bite size pieces, leftover chicken, whole thighs, etc. Remove any skin if fresh chicken is used.

Toss the chicken meat with the flour to coat. Shake off any excess flour and then saute the chicken over medium heat in the olive oil until nicely browned. Remove the meat from the pan and set aside.

Add the onion, garlic and mushroom caps and saute until the onion is translucent.

Add the tomato paste and continue to cook until the paste starts to get browned a little.

Deglaze with the wine, stirring well to dilute the tomato paste.

Add the canned tomatoes, the spices and seasonings and the cooked chicken. Cover, reduce heat and simmer for 30 minutes or longer, adding chicken stock if necessary to keep from drying out.

Serve with boiled pasta.

Courtesy of katzd@herald.usask.ca (David Katz)

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