

Chicken Cacciatore Recipe

This recipe is adapted from Jamie Oliver and Whimwood Estate Wines!



Ingredients:

2 kg chicken jointed, or equivalent in chicken pieces
sea salt
freshly ground black pepper
8 bay leaves
2 sprigs fresh rosemary
3 cloves garlic, peeled (1 crushed, 2 sliced)
½ bottle light red wine
flour, for dusting
extra virgin olive oil
6 anchovy fillets
1 handful green or black olives, stoned
2 x 400g tinned plum tomatoes

Method:

Season the chicken pieces with salt and freshly ground black pepper and put them into a bowl. Add the bay leaves and rosemary sprigs and the crushed clove of garlic and cover with the wine. Leave to marinate for at least an hour, but preferably overnight in the fridge.

Preheat your oven to 180°C. Drain the chicken, reserving the marinade, and pat dry with kitchen towel. Dust the chicken pieces with flour and shake off any excess. Heat an ovenproof pan, add a splash of olive oil, fry the chicken pieces until browned lightly all over and put to one side.

Place the pan back on the heat and add the sliced garlic. Fry gently until golden brown, then add the anchovies, olives, tomatoes (broken up with a wooden spoon) and the chicken pieces with their reserved marinade. Bring to the boil, cover with a lid or a double thickness layer of foil and bake in the preheated oven for 1½ hours.

Skim off any oil that's collected on top of the sauce, then stir, taste and add a little salt and pepper if necessary. Remove the bay leaves and rosemary sprigs.

Serve with a salad and plenty of WHIMWOOD ESTATE 2013 SHIRAZ! YUM....