



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

OCT 2013
Recipe 52

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Rustic Italian Chicken Cacciatore over Fettucine

PREPARATION

- 1 - Place olive oil into the bottom of a crock pot. Season chicken with salt and pepper and place inside crock pot. Add in the red pepper, onion, celery, carrots, mushrooms, garlic and bay leaf. Next, add diced tomatoes and herbs.
- 2 - In a small bowl, combine the tomato paste, chicken stock, wine and balsamic vinegar. Mix well and pour on top of chicken and vegetables. Cover and cook on low for 8 – 10 hours or until the chicken is tender. Remove bay leaf and discard.
- 3 - Add the cornstarch (dissolved in water). Stir and allow to cook for another 20 minutes on high or until sauce has thickened. Season with additional salt and pepper to taste and serve over fettucine (or other noodles of your choice).

Rustic Italian Chicken Cacciatore over Fettucine

Cooks Note: Chicken cacciatore is an Italian dish of chicken braised in a tomato-based sauce. It is frequently referred to as "hunter style" as the word cacciatore means "hunter" in Italian. If striving to make this dish in its most traditional form, use only dark meat, which yields a more luscious sauce, and cook the meat until it is literally falling off the bone.

Bon Appetit!
-George



INGREDIENTS

- 2 pounds skinless, boneless chicken breasts (8-4 oz breasts)
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup red bell pepper, chopped
- 1 cup onion, chopped
- 1 large rib of celery, diced
- 2 large carrots, diced
- 1 cup cremini mushrooms, sliced
- 1 1/2 tablespoons GC Farms' extra virgin olive oil
- 3 cloves garlic, minced
- 1 bay leaf
- 1 – 14.5 oz. can of diced tomatoes
- 1 – 6 oz. can tomato paste
- 1/2 cup reduced sodium chicken stock
- 1/4 cup dry red wine
- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch dissolved in a little water
- 1 1/2 teaspoons dried oregano leaves
- 1/4 cup coarsely chopped fresh basil leaves

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