COOKING PASSION SINCE 1877



Chicken Cacciatore with Soft Polenta

DIFFICULTY: MEDIUM

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 HOUR

Ingredients

Chicken Cacciatore

8 chicken lovely legs
Salt & pepper
2tbsp olive oil
120g pancetta, chopped
1 onion, chopped
2 cloves garlic, chopped
2 carrots, diced
¾ cup chopped celery
2 x 400g cans chopped tomatoes
2 tsps brown sugar
1tbsp dried oregano
½ cup pitted black olives
½ cup chopped continental parsley

Soft Polenta

2 cups milk
2 cups water
1 tsp salt
1 cup polenta
60g butter, chopped

Method

Chicken Cacciatore
Season the chicken with salt and pepper. Heat a large pan over a medium to high heat, Induction level 7. Add the oil then the chicken & cook until golden brown on all sides.

Remove from the pan and set aside. Add the pancetta, onion & garlic to the pan and fry for 3 to 4 minutes until lightly golden. Add the carrots & celery and mix well. Stir in the canned tomatoes, sugar & oregano then return the chicken to the pan. Mix to coat the chicken with the sauce.

Place the lid on the pan then reduce heat to a steady simmer and cook for 45 to 50 minutes or until chicken is tender. Stir through the olives and parsley.

Serve with Soft Polenta.

Soft Polenta
Place the milk, water & salt in a large saucepan and bring to the boil over a medium to high heat, induction level 7.

Pour the polenta into the saucepan in a steady stream, whisking constantly. Reduce the heat to low and continue cooking, whisking constantly until the polenta comes to a gentle boil and has thickened.

Stir in the butter & cheese.

Notes

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