



delicious

spring 2019

Italian Braised Chicken

Aside from roasting, frying or grilling, braising chicken is a simple technique to master. Chicken thighs make the best braises, using skin-on bone-in thighs for the best flavor. This healthy comfort dish is perfect for any season and if by chance any remain, it will leave you with delicious leftovers.

Cheers!

Cheryl Lawton
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the ingredients

4-6 chicken thighs (skin on/bone in)
14 oz can whole peeled tomatoes
2 tablespoons olive oil
1 cup diced onion (½ onion)
3 cloves garlic, minced

10 fresh Italian basil leaves, chopped
salt and pepper to taste
1 heaping teaspoon brown sugar
1 tablespoon chopped Italian parsley, for garnish

the method **SERVES: 4** | **PREP TIME: 40 minutes** | **COOK TIME: 20 minutes**

Rinse the chicken thighs with water and pat dry with paper towels. Season with salt and black pepper on both sides of the chicken.

Puree the tomatoes and brown sugar in a food processor.

Heat up the Dutch oven on medium high heat. When it's fully heated, arrange the chicken thighs, skin side down first. Brown both sides of the chicken until skin is crispy (but not burned). Remove the chicken from the pan, save the juice that seeps out from the chicken.

Turn stove top heat to medium and add the olive oil to the Dutch oven. Sauté the onion and garlic, for a couple of minutes or until the diced onion becomes soft. Add the tomato puree and basil, stir well to combine.

Transfer the chicken and the juice into the Dutch oven, cover the Dutch oven with its lid and simmer on low heat/flame for about 15-20 minutes, or until the chicken becomes tender. Add salt, stir to combine. Garnish with chopped parsley. Serve with pasta or garlic bread, and of course... Your favorite Pech Merle wine.