



CHICKEN CACCIATORE

MISE EN PLACE

- Cook white beans for crostini, or use canned.
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CHICKEN CACCIATORE *(serves 4-6)*

Recipe by KATHRYN JOEL

1 small chicken, cut into 8 pieces (or use thighs and drumsticks)

Marinade

2 cloves garlic, chopped

1 sprig rosemary, leaves picked and chopped

4 tbsp extra virgin olive oil

Salt and black pepper

100 g pancetta, thickly sliced, diced (optional)

1 large onion, diced

2 celery stalks, diced

2 red bell peppers, cut into 1 cm pieces

½ lb cremini mushrooms, quartered

1 cup dry white wine, or use red wine

1 can tomatoes, drained and crushed with your hands, we use San Marzano

½ to 1 cup chicken stock, as needed

Handful black olives

Handful Italian flat-leaf parsley, leaves chopped

Pinch of chili flakes, to taste

1 sprig of rosemary, leaves picked and chopped

Olive oil

- In a mortar & pestle, smash together the marinade ingredients: garlic, rosemary and salt and pepper to taste, then add the olive oil.
- Rub the marinade into the chicken and set aside for at least an hour, or preferably refrigerate overnight.
- Rub the marinade off the chicken and let it come to room temperature.
- In a dutch oven, heat olive oil until shimmering.
- Add the chicken skin side down, in batches as necessary, and brown on both sides.
- Remove the chicken from the pan. Set aside.
- Turn down the heat and the pancetta to the pan, cooking until rendered and golden. Remove and set aside.
- Add the onions and celery to the pan and sauté, seasoning with salt until softened and golden.
- Add the chili flakes, rosemary and garlic, stirring just until fragrant, then add the mushrooms, red peppers and reserved pancetta, stirring to combine. Cook for a couple of minutes.
- Turn up the heat, then deglaze with the white wine. Reduce.
- Add the tomatoes, then the chicken stock. Season with salt and pepper.
- Return the chicken to the pan, skin side up. Reduce to a simmer.
- Cover and cook for about 20 minutes, until the chicken is fully cooked.
- Remove the chicken pieces, add the olives and reduce the sauce. Finish with the chopped parsley.
- Serve the chicken pieces with polenta, spooning over the sauce.

SOFT POLENTA *(serves 4-6)*

Recipe by KATHRYN JOEL

1 cup polenta

5 cups water

5 tsps salt

50 grams grated parmesan cheese, or to taste

30 to 50 g butter, diced

sea salt and freshly ground black pepper

- Bring the water to a boil in a medium pan, add the salt then pour in the polenta in a slow stream, whisking constantly.
- Cook gently, stirring frequently, until the polenta is cooked, about 15 minutes.
- Stir in the butter and cheese and season to taste with salt and pepper.

WHITE BEAN CROSTINI *(makes 8-10 crostini)*

Recipe by KATHRYN JOEL

1 cups White beans, cooked from dried (recipe below) or use canned*

Fried sage leaves to finish (recipe below)

1 shallot, finely chopped

1 small clove of garlic, puréed

Zest of 1 lemon

Lemon juice to taste

Salt to taste

*Extra virgin olive oil, or use the oil you fried your sage leaves in
Crostini, to serve (recipe below)*

*NOTE: you can substitute 1 can or jar of white beans, drained and rinsed

- In a small pan, heat the olive oil (or use your sage frying oil) over a medium heat then add the shallot, seasoning with salt.
- Cook until softened and translucent, then add the garlic and cook just until fragrant.
- Add the white beans, and combine with the onion and garlic.
- Use a potato masher to mash a third to half of the beans lightly, leaving the rest whole. Add some of the bean cooking liquid as needed, to keep the beans moist.
- Stir in the lemon zest, and lemon juice to taste.
- Season to taste with salt and pepper, and serve warm on crostini, finished with fried sage leaves.

Fried Sage Leaves:

Sage leaves

¼ cup olive oil

Kosher or sea salt

- Heat the oil in a small skillet, over medium-high heat.
- Add the sage leaves in a single layer and cook in small batches in a single layer just until crisp.
- Remove with a slotted spoon to drain on paper towel. Season with salt.
- Reserve the oil to finish your white beans.

Crostini:

baguette

extra-virgin olive oil

cut garlic clove (optional)

- Preheat your oven to 400°F.

- Slice the baguette thinly.
- Brush the bread lightly with olive oil on both sides and place on a baking tray.
- Bake the bread for 5-7 minutes, until golden brown.
- Optional: rub the hot crostini with cut garlic cloves for a hint of garlic.

White Beans:

6 oz (270 g, 2/3 cup) dried* white (cannellini) beans, soaked in plenty of water overnight

½ an onion

1 sprig fresh thyme

1 bay leaf

A few parsley stalks

Water to cover, or you can use chicken stock

- In a small pan add the dried white beans with the onion, fresh thyme, bay leaf and parsley stalks.
- Cover with water by several inches, and bring up to a boil.
- Reduce to a simmer and cook, skimming off any white foam that rises to the top, until the beans are fully cooked, an hour or more. Reserve the bean cooking liquid.

EQUIPMENT

Cutting boards and knives

Mortar & pestle