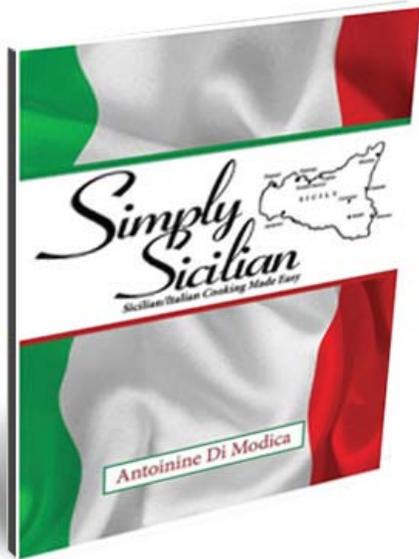


SimplySicilian.net

Pollo alla Cacciatora (Chicken Hunter Style)



Ingredients

6 – 8 chicken thighs
1 cup all-purpose flour
3 Tablespoons olive oil
3 sweet bell peppers (1 each of red, yellow, and orange), coarsely cut
1 onion, coarsely cut
2 Tablespoons dried basil
2 Tablespoons dried Italian parsley
2 Tablespoons dried oregano
1 bay leaf
Salt/Pepper
½ teaspoon red pepper flakes (optional)
1 large 15 ½ ounce can of tomato sauce
½ cup red wine
½ cup low-sodium chicken broth

*“The Di Modica household favorite.
Serve this with penne or rigatoni pasta, using the sauce from the chicken.
Invite someone over, even if it is just to smell your kitchen while it is cooking.
You will be a hit.*

Antoinine “Toni” DiModica, Author, Simply Sicilian



Steps

Wash and dry chicken thoroughly. Season chicken with salt and pepper; dredge in flour. Heat a large cast iron or non-stick frying pan; add olive oil; brown chicken about 5 minutes on both sides; remove from pan; set aside. Add peppers and onions; stir scraping drippings from chicken. Sauté until lightly caramelized and tender (this adds extra flavor to the sauce) about 5 minutes. Add chicken to

vegetables; stir together 2 minutes; add the basil, parsley, oregano, salt, pepper, and pepper flakes (if desired); stir together for 1 minute; add the tomato sauce, wine, bay leaf and broth; bring to a boil; cover and lower flame to simmer for 45 minutes, stirring occasionally.

Serves 4 – 6

Note: By heating the frying pan first will prevent floured and/or breaded meats, fish and poultry from sticking to the pan while frying.

Buy the book



Simply Sicilian opens up a whole new way to cook Southern Italian food by using simple and basic ingredients and time saving recipes.

Some reviews from Amazon.com:

*"This is an **amazing cookbook!** The recipes are so easy to follow, and the results are simply fantastic! I love how the author adds personal stories and pictures about her family, and how they enjoy the dishes on holidays and special occasions! It really makes you feel like you're cooking something your Grandmother used to make. I know my family and I will enjoy these recipes for years to come."*

*"I am a Sicilian American first generation and I have tried every recipe in this cookbook and it is not only very **easy to follow**, with large lettering, but the recipes are **delicious** and very easy to make. My Sicilian ancestor's would be very proud of me for making these wonderful dishes for my family. Buon Appetito!!!"*

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