



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Chicken Cacciatore

Ingredients

4 Chicken leg quarters or 8 chicken thighs
Salt and pepper
2 tablespoon oil (Olive or Rapeseed)
2 cloves of garlic
1 onion chopped
200ml (7fl oz) Dry White Wine
1 celery stick – chopped
200g (7oz) button mushrooms
400g can of chopped tomatoes
150ml (5fl oz) chicken stock
1 tablespoon tomato puree
2 teaspoons chopped Rosemary
2 teaspoons chopped sage
50g black olives chopped in half
Parmesan to top when serving



Method

Trim the chicken, season with salt and pepper. Heat the half of the oil in a pan and brown the chicken pieces. Remove and keep warm, drain the oil from the pan.

Add the rest of the oil, garlic, fry for 3-4 minutes. Add the wine and boil for a minute. Stir in the stock, puree, celery, mushrooms and rest of the ingredients.

Add the chicken pieces back to the pan and cook over a low heat, cover with a lid, for 30 minutes. When ready add the olives, cover and cook for a further 5 minutes.

Serve hot with polenta or pasta or Dauphinoise Potatoes..

Other Information

Serves 4

Preparation time – 20 minutes

Cooking time – 35 - 40 minutes