

Chicken with Sweet Peppers

*Susan M. Selasky - Detroit Free Press from Chef Brian Polcyn, Cinco Lagos in Milford, MI
Palm Beach Post*

Servings: 6

*4 pounds mixed chicken pieces
(preferably all dark meat)
salt and pepper (to taste)
1/2 cup olive oil, divided
2 cups onions, peeled and diced
1 cup celery, diced
1 1/2 cups carrots, peeled and diced
1 tablespoon fresh garlic, minced
1/2 cup pancetta, minced
4 large red or yellow peppers, seeded
and cut into 1/2-inch strips
2 teaspoons fresh marjoram, chopped
2 tablespoons fresh parsley, chopped
4 large tomatoes, peeled, seeded and
cut into 1/2-inch strips
1 3/4 cups dry red wine*

Season the chicken pieces on all sides with salt and pepper.

In a large heavy skillet, heat 1/4 cup of the olive oil over high heat. Working in batches, add the chicken pieces and brown on all sides. Remove the pieces from the pan.

After all of the chicken is browned, heat the remaining 1/4 cup of the olive oil in the pan. Add the onions, celery and carrots. Saute' until lightly browned. Add the garlic, pancetta, peppers and marjoram. Saute' another 5 to 8 minutes.

Add the browned chicken to the vegetables along with the parsley, tomatoes and red wine. Bring to a boil and then return to a simmer. Cover and cook until the chicken is completely tender, about 15 minutes.

Serve at once on a warm platter.

You can also use chicken breasts, but they will cook more quickly. Chef Polcyn advises to marinate and grill them so they don't overcook.

Per Serving (excluding unknown items): 303 Calories; 20g Fat (67.7% calories from fat); 7g Protein; 14g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 592mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat.