
Chicken Marbella

Vinni Schek - New York, NY

North American Potpourri - Autism Directory Service, Inc - 1993

4 (2-1/2 pound ea) chickens, quartered

1 head garlic, peeled and finely puree'd

1/4 cup dried oregano

coarse salt

freshly ground black pepper

1/2 cup red wine vinegar

1/2 cup olive oil

1 cup pitted prunes

1/2 cup pitted green olives

1/2 cup capers with some juice

6 bay leaves

1 cup brown sugar

1 cup white wine

1/2 cup Italian parsley (or fresh coriander), finely chopped

In a large bowl, combine the chicken, garlic, oregano, pepper, salt (to taste), vinegar, olive oil, prunes, olives, capers with juice and bay leaves. Cover. Let marinate, refrigerated, overnight.

Preheat the oven to 350 degrees.

Arrange the chicken in a single layer in one to two large shallow baking dishes. Spoon the marinade over the chicken evenly. Sprinkle the chicken pieces with brown sugar. Pour white wine around them. Bake for 50 minutes to one hour, basting frequently with pan juices. The chicken is done when the thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice.

With a slotted spoon, transfer the chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or coriander. Place the remaining juices into a gravy boat.

The chicken can be served cold by first cooling to room temperature in the cooking juices before transferring to a serving platter. Spoon some of the reserved juice over the chicken. Serve with the gravy boat on the side.

Chicken

Per Serving (excluding unknown items): 8876 Calories; 629g Fat (65.7% calories from fat); 569g Protein; 170g Carbohydrate; 10g Dietary Fiber; 2983mg Cholesterol; 2950mg Sodium. Exchanges: 1/2 Grain(Starch); 79 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 76 1/2 Fat; 10 Other Carbohydrates.