Pollo Contadino (Peasant Chicken)

Description

Pollo Contadino, a wonderful Italian peasant style chicken dish, as the Italian farmer's wife might prepare. Not a difficult chicken recipe to make, very delicious.

Ingredients

- 4 large chicken breasts or legs, skin on
- 1/2 cup flour
- 1/2 cup olive oil
- 2 medium carrots, diced
- 1 red bell pepper, cored and julienned
- 1 green bell pepper, cored and julienned
- 1 large yellow onion, peeled and julienned
- 6 large mushrooms, sliced
- 12 greek black olives
- 1 tsp capers
- 6 plum tomatoes, chopped
- 1 tbsp fresh rosemary
- 1/4 cup white wine
- kosher salt to taste
- fresh ground pepper to taste



Summary

Yield: 4
Prep Time: 30 minutes
Category: Poultry
Cuisine: Italian

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Instructions

Seson the chicken breasts and/or legs lightly with salt and pepper. Place the chicken pieces in a large bowl and add the flour. Toss and dust off the excess flour from each piece of chicken. Heat a large frying pan and add 1/4 cup of olive oil. Brown the chicken on both sides, remove and place in a roasting pan. Leave the oil in the frying pan.

Re-heat the pan and add the carrots. Sauté the carrots for 3 minutes and add the green and red bell peppers and the onion. Continue to sauté until the onions are translucent. Place the vegetables on top of the chicken in the roasting pan.

Re-heat the frying pan and add the remaining 1/4 cup of olive oil. Add the mushrooms, Greek olives, capers and tomatoes. Bring to a simmer and cook gently for 5 minutes. Add salt and pepper to taste and pour mixture over the chicken. Sprinkle with rosemary and diszzle the wine over the top.

Cover the roasting pan with aluminum foil and bake in a preheated 400° oven for 20 minutes. Uncover the pan and bake for an additional 15 minutes. Turn the chicken a few times in the vegetable sauce while cooking.

Serve the chicken with the vegetables and sauce over the top.