

SPOTLIGHT RECIPE



ITALIAN CHICKEN AND PEPPER STEW

- Rinse the chicken pieces and pat dry. Season with the salt and pepper. Heat the canola or vegetable oil in a large, heavy skillet over medium-high heat, and brown the chicken pieces, in batches, on each side for about 5 minutes. Transfer to a bowl or plate. Pour off the fat from the pan and discard.
- Lower the heat to medium. Add the olive oil and the onion with a pinch of salt. Cook, stirring and scraping the bottom of the pan to deglaze, until the onion begins to soften. Continue to cook, stirring occasionally, until the onion is tender, about 5 minutes. Add the hot and sweet peppers, a bit of salt and the garlic, and cook, stirring, until the peppers begin to soften, about 5 minutes. Add the tomatoes and sugar and stir until the tomatoes begin to bubble and smell fragrant, about 5 minutes.
- Return the chicken pieces to the pan. Cover and cook 25 to 30 minutes over medium-low heat, stirring at regular intervals and turning the chicken pieces over so the ingredients don't scorch and the chicken cooks evenly. The peppers should be very soft and the chicken quite tender. Add freshly ground pepper, taste and adjust the salt, and serve with steamed white rice. (Other grains or noodles can be used.)

Ingredients

Servings: 4

- 6 to 8 chicken legs and/or thighs, skinned
- Salt and freshly ground pepper
- 1 tablespoon canola or vegetable oil
- 1 tablespoon extra-virgin olive oil
- 1 large onion, cut in half lengthwise and sliced across the grain
- 2 mildly hot chillies, like Anaheim or New Mexico chillies, cored, seeded and cut in thin strips, or 1/4 to 1/2 teaspoon hot red pepper flakes (optional)
- Pinch of salt
- 3 to 4 garlic cloves, thinly sliced
- 1 1/2 pounds (4 large) mixed green and red bell peppers, cored, seeded and thinly sliced
- One 28-ounce can chopped tomatoes with juice, pulsed in a food processor
- Pinch of sugar