

# Late Spring Cacciatore Over Pasta

(Chicken Optional)

Late spring in Connecticut means today can be hot and tomorrow, chilly and damp (ok maybe this is all year long!), and this easy chicken cacciatore features the early harvest available before the big summer crops are ready. You can choose to make this vegetarian by omitting the chicken and using a more filling ravioli instead. We suggest making a double batch and taking it for lunch the next day. Also consider picking up some spring greens to make a wonderful and tender side salad. Last, feel free to throw in whatever else you think will go nicely. This is an easy recipe to add “the kitchen sink” to up your veggie intake!

## INGREDIENTS & DIRECTIONS

For chicken, you have some choices - Try 6 to 8 skinless chicken legs and/or thighs (thighs can be boneless) or

- 1 lb. of boneless skinless chicken breasts, cut into 1/2-inch strips.
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 cup of shiitake mushrooms, cut into 1/2" slices
- 2 small carrots, washed & chopped
- 1 bunch of kale, washed & cut into 1/2" ribbons
- 2 large garlic cloves, minced
- 14 oz. crushed tomatoes, undrained
- 8 ounces tomato sauce
- 1/2 cup red wine (optional; a merlot, cabernet or pinot noir will work well & then enjoy the rest with dinner)
- 1 heaping teaspoon minced fresh rosemary, or 1/2 teaspoon crumbled dried rosemary (dried is stronger)
- 2 tablespoons fresh minced Italian parsley
- crushed red pepper flakes
- salt & pepper



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



Heat 1 tablespoon olive oil over medium-high heat in a large, heavy nonstick skillet. Season the chicken with salt & pepper and brown, in batches, for 5 minutes on each side. Transfer the chicken pieces to a bowl as they are done. Pour the fat off from the pan and discard.

Turn the heat down to medium, add the remaining oil and the onion, carrot and kale, as well as a pinch of salt. Cook, stirring, until the vegetables begin to soften, about 5 minutes.

Add the garlic, parsley, rosemary, red pepper flakes, and salt to taste. Cover, turn the heat to low and cook, stirring often, for 5 minutes, until the mixture is soft and aromatic.

Stir in the mushrooms, turn the heat back up to medium, and cook, stirring, until the mushrooms are just tender, about 5 minutes. Season with salt & pepper. Stir in the wine & bring to a boil.

Cook, stirring, for a few minutes, until the wine has reduced by about half. Add the tomatoes and salt & pepper to taste. Cook over medium heat for 5 to 10 minutes, stirring often, until the tomatoes have cooked down a little and smell fragrant.

Return the chicken pieces to the pan and stir so that they are well submerged in the tomato mixture. Cover and simmer over medium heat for 30 minutes, until the chicken is tender.

Cook up your pasta or ravioli.

Taste, adjust seasoning & serve with pasta (or over ravioli).

## Market Shopping List

- Carrots - June carrots from Apis Verdi
- Crushed Tomatoes - For a limited time in June from Oxen Hill Farm
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Greens (June-Oct) - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Kale - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Easy Pickin', Riverview, Wayne's Organic
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onion - June onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Parsley (June - Oct) - In June from Blueberry Hill Organics, then Apis Verdi, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Pasta & Ravioli (June - Oct) - DiFiore Ravioli Shop
- Shiitake Mushrooms (June - Oct) - N.E. Green Mushrooms, Seacoast Mushrooms
- Tomato Sauce - Colgan Farm, Capa di Roma, DiFiore Ravioli Shop

Salt, pepper, crushed red pepper flakes - **Highland Park Market of Coventry**