Dutch Oven Chicken Cacciatore

White meat and dark meat chicken pieces are seared to golden perfection seasoning an outrageous pan sauce with browned bits and liquid gold.



★★★★★
5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	45 mins	55 mins

Course: Main Course Cuisine: American, Italian, Southern
Servings: 6 servings Author: Jenny DeRemer Cost: $3.19 per serving

Equipment

- Dutch oven with lid
- kitchen twine

Ingredients

- 3 tablespoons olive oil divided
- 4 boneless, skinless chicken thighs cut into 2 1/2 to 3 1/2-inch pieces
- 1 large or 2 smaller boneless, skinless chicken breasts cut into 2 1/2 to 3 1/2-inch pieces
- Kosher salt to taste
- black pepper to taste
- 1 large onion diced
- 6 cloves garlic rough-chopped
- 2 yellow gem peppers diced
- 2 red gem peppers diced
- 2 orange gem peppers diced
- 1 large carrot peeled and diced finely or shredded
- 6 branches thyme fresh
- 6 sprigs parsley fresh
- 1 large bay leaf dried
- 1 teaspoon oregano dried
- 5 ounces dry red or dry white wine
- 4 tablespoons tomato paste
- 1 (28 ounce) can crushed tomatoes
- ½ cup basil leaves fresh, torn
- ½ teaspoon crushed red pepper flakes
- ½ cup pitted Niçoise olives may substitute pitted Kalamata olives
- grated parmesan cheese to taste

optional for serving

- crusty bread
- favorite pasta or vegetable noodles
- cooked polenta
- cooked risotto

Instructions

1. Pre-heat oven to 375°F. Place chicken pieces atop a rimmed baking sheet in a single layer and season generously with salt and pepper all over and on both sides.
2. Over medium-high heat in a large Dutch oven, bring 2 tablespoons of the olive oil to shimmering. Beginning with the thigh pieces, place into the hot oil and sear undisturbed for 2 minutes. Turn the pieces, searing on the second side for 1 minute more and golden brown. Use a slotted spoon to remove the thigh pieces to a bowl and cover tightly with foil before repeating the process with the breast pieces. **NOTE: the chicken will NOT be cooked through, rather will finish cooking during the braising step.**
3. Add remaining tablespoon oil to the Dutch oven. Add in diced onion and sauté until translucent, 3 to 4 minutes. Add garlic and cook one minute more.
4. Tie off and secure the thyme branches, sprigs of parsley, and single bay leaf into a bouquet garni. Add gem peppers, carrot, dried oregano, and the bouquet garni to the Dutch oven and stir well to combine. Reduce the heat to medium-low and cook until the veg are soft, about 5 minutes. I like to tie the end of my bouquet garni string to the handle of my Dutch oven, so I am not left fishing it out later.
5. Deglaze the pot wine using a wooden spoon to scrape up the browned bits. Cook until the wine has reduced significantly, at least 2 minutes. Make a well in the center of the softened vegetables and add in tomato paste. Cook the paste for several minutes until it turns brown.
6. Add in crushed tomatoes, torn fresh basil leaves, and red pepper flakes and stir. Return the chicken pieces along **with all accumulated juices** to the pot. Season with salt and pepper.
7. Add the lid onto the pot leaving the bouquet garni string tied to the handle and the herbs submerged in the sauce. Place the covered Dutch oven into the pre-heated oven and braise for 35 minutes.
8. After 35 minutes, remove the lid, add the olives, and place back into the oven, uncovered, for another 10 to 12 minutes. Remove from the oven and let stand for 10 minutes before dusting with parmesan cheese and serving.

Notes

Please Note that table salt and iodized salt are NOT substitutions for Kosher salt. Do not use table salt or iodized salt in any of the recipes you find on Not Entirely Average UNLESS specified otherwise.

If the Sauce Appears Too Thin add 2 tablespoons of additional tomato paste to the sauce and stir to thicken.

To Make Ahead assemble and cook cacciatore completely. Cover and refrigerate until ready to re-heat. **To Re-Heat the Cacciatore** remove from refrigerator one hour before reheating. Place over medium-low heat for 25 minutes or until thoroughly warmed through. **To Freeze the Cacciatore** transfer to an airtight container and freeze for up to 3 months. **To Thaw** place in refrigerator overnight.

Nutrition

Serving: 1serving | Calories: 131kcal | Carbohydrates: 8g | Protein: 2g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 1mg | Sodium: 275mg | Potassium: 246mg | Fiber: 2g | Sugar: 3g | Vitamin A: 2538IU | Vitamin C: 10mg | Calcium: 42mg | Iron: 1mg