

Greek Cinnamon Stewed Chicken

Adapted from an Oprah show with Cat Cora

Internet Address: <http://www.oprah.com/recipe/food/recipespoultry/20090227-tows-cat-greek-chicken>



Adapted from the Oprah show

3 pounds boneless skinless chicken breast, cut into 1" wide strips

1 1/2 teaspoons ground cinnamon

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

5 cloves garlic, peeled and minced

2 tablespoons extra-virgin olive oil

1 large yellow onion, peeled and coarsely chopped [I used a red onion]

2 cups water, [use chicken broth if available]

6 ounces button mushrooms, cleaned and sliced [my addition]

1 can tomato paste (6 ounces)

1 tablespoon Italian herb seasoning, [I used a bit more]

1 cup orzo, cooked according to package directions (or other pasta of your choice)

1/2 cup Parmesan cheese, grated

1/4 cup Pecorino-Romano cheese, grated

3 tablespoons Feta cheese, crumbled (garnish) [my addition]

1/2 cup Italian parsley, chopped (garnish)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Preboil water with sea salt.
2. Pat the chicken dry with paper towels. A wet chicken will cause the oil to splatter while the chicken is sautéing. Mix the cinnamon, salt and pepper in a small bowl. Rub the chicken pieces on all sides with the seasoning.
3. Heat the olive oil in a large, nonreactive, deep skillet over high heat. A 12-inch skillet with sides about 2 1/2 to 3 inches high will allow you to brown all the chicken at once. If you don't have a skillet large enough, brown them in two batches using 1/2 the oil for each batch. What's important is that the chicken isn't overcrowded, which would cause them to steam rather than brown.
4. Add the chicken to the oil and brown for about 2-3 minutes on each side. Turn the pieces using a metal spatula, as they have a tendency to stick to the pan. Remove the pieces when they are well browned on at least 2 sides. Don't overcook them as they'll dry out when you cook the chicken in step 7.
5. Mince three of the garlic cloves. Lower the heat to medium-high, and add the onions and minced garlic. Cook for about 3 minutes, stirring constantly, until the onions have softened and are a rich golden brown. Add the mushrooms and cook for 3-5 minutes until softened. Add about 1/2 cup of the water and scrape the bottom of the pan with a spatula or spoon to deglaze the pan, loosening any particles stuck on the bottom.
6. When the water has evaporated, add the remaining 1 1/2 cups of water, tomato paste, Italian seasoning and remaining 2 garlic cloves, minced.
7. Return the chicken to the pan. The liquid should cover about 3/4 of the chicken pieces. If it doesn't, add a bit more water. Cover the pot and simmer over medium-high heat for about 5 minutes, or until the chicken is tender and thoroughly cooked. If the sauce becomes too thick, it can be thinned with a little more water. Season the finished sauce with kosher salt and pepper to taste. Serve over orzo, cooked according to package directions, and sprinkle on the cheeses, then add parsley on top.

Per Serving (excluding unknown items): 736 Calories; 18g Fat (22.5% calories from fat); 94g Protein; 46g Carbohydrate; 4g Dietary Fiber; 216mg Cholesterol; 1792mg Sodium. Exchanges: 2 Grain(Starch); 12 Lean Meat; 2 1/2 Vegetable; 2 Fat.