

Italian Style Chicken with Sausage, Peppers and Onions

Carolyn T's
Main Cookbook

Servings: 6

Author: Cook's Illustrated, 6/07



- 1 tablespoon vegetable oil**
- 8 ounces Italian sausage, sweet, casings removed**
- 2 pounds chicken breast halves, skin-on, bone-in, trimmed of excess fat and skin and cut crosswise into 2 or 3 pieces**
- salt and ground black pepper**
- 1 medium onion, halved and sliced ¼ inch thick (about 1¼ cups)**
- 1 large red bell pepper, stemmed, seeded, and cut into ¼-inch strips (about 1½ cups)**
- 3 whole pickled hot cherry peppers, stemmed, seeded, and cut into ¼-inch strips (about ¼ cup) (3 to 5)**
- 3 cloves garlic, minced or pressed through a garlic press (about 1 tablespoon)**
- 2 teaspoons granulated sugar**
- 1/3 cup white wine vinegar, plus 2 additional tablespoons**
- 3/4 cup low sodium chicken broth, plus 1 tablespoon**
- 1 teaspoon cornstarch**
- 1 teaspoon fresh thyme leaves, minced fresh**
- 1 tablespoon fresh parsley, minced fresh**

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

Per Serving (excluding unknown items): 389 Calories; 25g Fat (59.4% calories from fat); 33g Protein; 6g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 419mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

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Notes: When I make this the next time I'm going to increase the sauce - it's delicious - and you'll want more of it on whatever carb you serve with this. I made it with creamy polenta, and the sauce was just wonderful on top. There just wasn't enough of it!

1. Adjust oven rack to middle position and heat oven to 350 degrees. Heat 1 teaspoon oil in 12-inch skillet over medium-high heat until shimmering. Add sausage and cook, stirring to break sausage into ½-inch pieces, until browned, about 3 minutes. Transfer sausage to plate lined with paper towels. Remove skillet from heat; pour off fat into small bowl and reserve; wipe out skillet with paper towels.
2. Return skillet to medium-high heat and heat remaining 2 teaspoons oil until smoking. Pat chicken dry and liberally season with salt and pepper. Add chicken, skin side down, and cook without moving until well browned, 3 to 5 minutes. Using tongs, turn chicken and brown on other side, about 3 minutes. Transfer chicken to large plate. Remove skillet from heat and pour off fat into bowl with sausage fat; wipe out skillet with paper towels.
3. Return skillet to medium-high heat and heat 1 tablespoon reserved fat until shimmering. Add onion and cook until beginning to soften, about 2 minutes. Add bell pepper and cherry peppers and cook, stirring occasionally, until bell pepper begins to soften, about 4 minutes. Add garlic and cook, stirring frequently, until fragrant, about 30 seconds. Add sugar, 1/3 cup vinegar, and ¾ cup broth; bring mixture to boil, scraping up browned bits from pan bottom.
4. Add sausage and chicken (with any accumulated juices) to skillet, arranging chicken pieces in single layer, skin side up, on top of peppers and onion. Transfer skillet to oven and cook until instant-read thermometer inserted into thickest part of chicken registers 160 degrees, 18 to 22 minutes, removing smaller pieces sooner if necessary. Meanwhile, combine cornstarch, thyme, and remaining tablespoon broth in small bowl.
5. Carefully remove skillet from oven (handle will be very hot) and transfer chicken, skin side up, to platter or individual serving plates. Place skillet over medium-high heat and stir in cornstarch mixture. Simmer sauce mixture until slightly thickened, 2 to 3 minutes. Off heat, taste sauce and add up to 2 tablespoons vinegar. Adjust seasonings with salt and pepper.
6. Spoon sauce around chicken, being careful not to pour it directly over chicken. Sprinkle with parsley and serve immediately.