

Sunvil Supper Club

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April 2017 - Sicilian-style Chicken (Pollo ai Profumi di Sicilia)



Ingredients (serves 4)

- 1 chicken, cut into pieces
- 1 onion, thinly sliced
- 1 clove garlic, chopped
- 1" piece of cinnamon stick
- 2" piece of ginger, peeled and sliced
- 10 green olives, pitted and sliced
- Juice of one lemon
- Peel of one lemon, cut into strips
- ½ gram saffron (soaked in hot water)
- 3 tbsp extra virgin olive oil

Method

- In a large pan, heat the olive oil
- Sauté the onion, garlic, cinnamon and ginger
- Cook until the onion is transparent - not browned
- Add the chicken pieces (remove skin if preferred) and season to taste
- Cook over a medium heat for 7-8 minutes, turning frequently
- Add saffron, water and lemon juice
- Continue cooking over a low heat for 25-30 minutes
- During the last few minutes of cooking add the olives and lemon peel
- Add freshly ground black pepper to taste

* Ideally served with pasta and accompanied by a full-bodied red wine, like a Cerasuolo di Vittoria, an intensely flavoured wine from south east Sicily.

This dish is full of the exotic flavours of Sicily, echoing the island's turbulent past when various rulers - Greeks, Romans, Arabs and Spanish to name a few - left a strong imprint on everything from architecture to Sicily's remarkably varied cuisine.

**Find out more about our holidays to Sicily at: www.sunvil.co.uk/discovery/sicily
Recipe courtesy of Italian Connection (www.italian-connection.com)**