

Chicken Catchatori

Ingrid Slatta – PPTC

Ingredients:

- 6 - 8 Chicken Thighs (to lower the fat you can remove the skin)
- Hunts Thick and Rich Spaghetti Sauce Original
- 2 Tablespoon (or to your liking) Italian Spice/Herb Mix
- 1 Teaspoon Freshly grated black pepper
- 1 Teaspoon of Freshly grated Sea Salt
- 1 Bay Leaf
- Fresh Mushrooms - sliced (optional)
- 1 Yellow Onion - minced
- 2-3 tablespoons of oil
- 1 or 2 cloves of garlic crushed or finely minced (optional)
- 1 Cup of your favourite red wine (not optional)

Instructions:

- Empty Spaghetti Sauce and add Italian Spice/Herb mix, pepper, salt and bay leaf into a large casserole dish with cover. Stir well
- In a skillet and using 1 tablespoon of oil, cook onions until just transparent, add mushrooms and continue cooking until onions are just barely golden and mushrooms are softened about 5 minutes. Add to sauce and stir
- Add remaining oil or enough to cover bottom of skillet and brown thighs until golden turn over and brown other side. Only cook a few to keep the pan hot. Remove to a plate while cooking the remaining thighs
- When all thighs have been browned remove all oil from skillet. Add minced garlic and gently cook just to soften and release the flavour. Add to sauce
- Deglaze the skillet with the wine, scraping up any brown bits and add to sauce. Stir to distribute evenly
- Add browned chicken thighs casserole dish and sauce, ensuring each thigh is covered with sauce. Cover and cook in a 350 F oven for about 45 - 60 minutes. Let cool a bit. Then remove chicken thighs and remove the meat from the bone and then add back into the sauce
- Serve over freshly cooked pasta sprinkled with Parmesan cheese, garlic bread, garden salad and of course the rest of the wine
- This is even better the next day. It freezes very well and is excellent to bring to work for lunch