



RECIPE OF THE WEEK: 29/08/2022
Chicken Casserole with Cinnamon
(Kotopoulo Kokinisto)

Casseroles are a staple diet for the Greeks due to the abundance of tomatoes. This dish is special because of its rich sauce. It is usually served with boiled rice, kritharaki (the Greek orzo), chipped potatoes or roasted potatoes.

Ingredients

(Serves 4)

1 x 1.5 kg free-range chicken, jointed into 8 pieces
4 tbsp extra virgin olive oil
2 medium onions, finely chopped
1 garlic clove, crushed
175ml dry red wine
300g fresh ripe tomatoes, skinned, deseeded and finely chopped or 400g canned tomatoes, drained and finely chopped
2 tbsp tomato pureé diluted in 250ml hot water
2 bay leaves
3-4 allspice berries, freshly ground
1 cinnamon stick, 3 cm long
sea salt and finely ground black pepper



To garnish

a small handful of fresh flat-leaf parsley, finely chopped

Method

1. Season the chicken pieces with salt and pepper.
2. Heat the olive oil in a large pan and fry the chicken pieces until golden brown all over. Remove from the pan with a slotted spoon and then set aside.
3. Add the onion to the pan and sauté in the oil left in the pan for 3-4 minutes until golden. Add the garlic and cook for a further minute. Return the chicken pieces to the pan, pour over the wine, bring to the boil and cook for 2-3 minutes vigorously for the alcohol to evaporate and to reduce the sauce slightly.
4. Add the tomatoes, the tomato pureé mixture, the bay leaves, allspice and cinnamon. Season to taste with salt and pepper.
5. Cover the pan and cook gently for 40-50 minutes or until the chicken is tender and the sauce thickens.
6. Sprinkle with parsley and serve hot with boiled rice or kritharaki (orzo) or roasted potatoes.