



RECIPE OF THE WEEK: 18/10/2022

Chicken Sofrito (Kotopoulo Sofrito)

This is a special recipe from the beautiful island of Corfu. Traditionally sofrito is made with veal fillets which are sauteed and cooked slowly in a casserole with good quality vinegar, white wine, garlic and parsley. There are other traditional recipes from the island like bourdeto which is fish cooked with tomato sauce and a sweet and hot red pepper. Another is pastitsada made with veal, onions, garlic, red wine, cinnamon and bay leaves. Try this recipe using chicken instead of veal because it is equally mouth-watering and satisfying.

Ingredients

(Serves 4)

1.8kg free-range chicken fillets, cut into 30g slices or small pieces
150g plain flour
100ml olive oil
4-5 garlic gloves, crushed
100ml white wine vinegar
175ml white wine
2 bay leaves
50g Dijon mustard (optional)
200ml water or chicken stock
a small bunch of parsley, leaves only, finely chopped
sea salt and finely ground black pepper

Method

1. Season the chicken fillets with sea salt and freshly ground black pepper. Dip the fillets in flour and shake them to remove any excess flour.
2. Heat the olive oil in a large casserole with a heavy base until hot but not smoking. Sauté the sliced chicken fillets or small chicken pieces over a medium-high heat, stirring occasionally until golden-brown.
3. Add the garlic and sauté for 1 minute.
4. Add the vinegar, white wine, bay leaves and mustard (if using) and leave to simmer for 2-3 minutes to allow the alcohol to evaporate.
5. Stir in 1-2 tbsp flour to thicken the sauce. Add the water and chicken stock.
6. Let the sauce come to the boil, then turn down the heat and simmer for 1 hour, until the sauce thickens and the chicken softens and cooks completely.
7. Stir the chicken and sauce a few times while cooking and add more water or chicken stock if needed.
8. Once cooked, stir in the parsley and salt and pepper to taste.
9. Place the chicken pieces and sauce on a platter, garnish with chopped parsley and serve with chipped potatoes and a Greek salad.