

Chicken in Red Wine



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Preparation Time: 15 minutes (excluding marinating time)

Cooking Time: 25 minutes

Serves: 3 to 4

Ingredients:

Olive oil - 2 tbsp
Chicken - 900 g, fillet
Red Wine - 1/2 cup
Tomato - 1 medium, cut into discs
Red Pepper - 1, sliced
Carrot - 1, cut into thin discs
Big red chili - 2, a thin slit in the middle
Garlic - 2 tsp, finely chopped
Chicken stock - 1 cup
Dried Parsley - 1 tsp
Brown sugar - 1 to 2 tsp
Salt - as required

For the marinade:

Red wine - 1 to 2 tbsp
Vinegar - 2 tsp
Paprika - 2 tsp
Chili powder - 1/2 to 1 tsp
Seasoning - 3 tsp

Step 1: Mix the marinade ingredients and add it to the chicken. Marinate for around 1 to 2 hours.

Step 2: Heat the olive oil in a U-shaped vessel or pan (after the chicken has been marinated for at least 2 hours). Add the carrots and mix well. Cook for around 1 to 2 minutes.

Step 3: Add the garlic followed by the tomato. Saute for another 1 to 2 minutes. Add the red pepper, red chili and mix well.

Step 4: Add the chicken and mix well. After 2 to 3 minutes, add the red wine and the parsley. Cook for few minutes.

Step 5: Add the chicken stock now along with the sugar and mix well. Lower the flame and cover the pan. Let the mixture cook until you have a very thick consistency. Add salt as required.

Step 6: Serve hot with freshly baked bread of your choice.