

Chef from the Hood Recipes



Chef:

Claudio Capetta, Chef/Owner

Restaurant:

Claudio's Trattoria Cucina Toscana, Bodega Bay, California

Recipe:

Claudio's Chicken Contadina!

Claudio's Chicken Contadina with Tomatoes, Mushrooms, Garlic, Roasted Red Bells & Basil!

Makes 4 servings, multiply ingredients as needed:

Season chicken 4 fresh chicken cutlets with sea salt (Sea Star) & fresh ground black pepper then lightly dredge in unbleached flour (King Arthur). Pacific/Fiesta Meat Depts. will bone, skin & lightly pound Rocky or Fulton Valley farms chicken breasts to order.

- extra virgin olive oil, for sauté pan (Brando's)
- 1 yellow onion, peeled & chopped
- 1/2 pound mushrooms, local crimini or white button, sliced
- 3 or 4 cloves of garlic, peeled & minced
- 2 roasted red bell peppers, seeded & cut into large dice
- 1/2 cup white wine (Pacific Palate)
- 1 large can (28 oz.) crushed tomatoes (Muir Glen organic)
- fresh basil (pick out 8 or so nice leaves to reserve for garnish, then chop enough additional leaves until you have a nice handful or two)
- sea or Kosher salt & fresh ground black pepper to taste

Preparation:

Pour a thin layer of olive oil into a large sauté pan and heat over medium high. Add the flour-dredged chicken cutlets. Sauté 3 to 4 minutes per side or until golden brown. Remove from pan and set aside. To the pan add onions. When onions begin to soften add mushrooms, garlic and red bell pepper. Sauté for a few minutes or until edges of mushrooms just start to brown. Add wine and stir to deglaze the pan. Next, add crushed tomatoes and chopped basil. Cook, simmering until the vegetables are tender. Taste, adding salt and pepper as needed. Return chicken to the pan and gently press it into the sauce. Reduce heat and simmer about 5 minutes to finish cooking chicken. Transfer chicken to a warm serving platter. Stir the sauce a final time before pouring it over the chicken. Garnish with reserved basil leaves. Great when served with sides of polenta, risotto, pasta, or warm bread. Bon appetito!

How to roast bell peppers:

Place whole bell peppers on open flame on stove top. Using tongs, rotate to "burn" all sides. Wrap each warm pepper in a paper towel. Let cool. Use paper towel to remove some or most of the thin charred skin. Cut in half, remove stem and seeds. Delicious!