



## Chicken Hunter-style: Pollo alla Cacciatora

 **Gluten Free**  **Dairy Free**

READY IN



220 min.

SERVINGS



6

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon peppercorns black
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 1 roaster chicken
- 3.5 pounds chicken wings
- 2 cloves garlic minced
- 2 tablespoons olive oil extra-virgin
- 6 servings olive oil extra-virgin

- 2 onions coarsely chopped
- 4 ounces pancetta diced finely
- 1 bunch parsley stems
- 1 pound portabello mushrooms cut into 1-inch cubes
- 1 pinch chili flakes red
- 1 branch rosemary fresh minced
- 6 servings salt and pepper
- 1 pinch sugar
- 2 tablespoons tomato paste
- 1 pound tomato purée
- 1 cup white wine
- 2 large onions yellow coarsely chopped

## Equipment

- frying pan
- paper towels
- sauce pan
- ladle
- pot
- wooden spoon
- dutch oven

## Directions

- Cut chicken into 8 pieces.
- Combine the garlic, rosemary, salt and pepper and enough olive oil to make a somewhat dry paste. Divide the paste evenly among the 8 pieces and let sit, covered and refrigerated, for 2 hours.
- In a Dutch oven, heat 3 tablespoons olive oil over high heat until smoking.
- Brush the excess rub from the bird and sear each piece of meat on all sides in the hot oil.

- Remove seared meat to a plate lined with paper towels.
- Add the onions, the mushrooms and the pancetta and cook over high heat until onions are golden brown and fat has been rendered from pancetta.
- Drain the excess oil, then add the wine and stir the bottom of the pan with a wooden spoon to dislodge the browned bits.
- Add the tomato puree, chicken stock, sugar and chili flakes and bring to a boil. Return the chicken to the pan. Cook for 20 minutes, covered, then 15 to 20 minutes more, uncovered.
- Remove from heat, cut each quarter in half, and divide meat evenly among 4 warmed dinner plates, giving each plate 1 section of breast and 1 section of leg. Top with the sauce and serve immediately.
- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

## Nutrition Facts



### Properties

Glycemic Index:59.49, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:42.257826183153%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 21.26mg, Apigenin: 21.26mg, Apigenin: 21.26mg, Apigenin: 21.26mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin:

4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 20.94mg, Quercetin: 20.94mg, Quercetin: 20.94mg, Quercetin: 20.94mg

## **Nutrients (% of daily need)**

Calories: 977.42kcal (48.87%), Fat: 68.91g (106.01%), Saturated Fat: 17.13g (107.09%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 19.84g (7.22%), Sugar: 12.32g (13.69%), Cholesterol: 217.71mg (72.57%), Sodium: 636.55mg (27.68%), Alcohol: 4.12g (100%), Alcohol %: 0.79% (100%), Protein: 57.24g (114.48%), Vitamin K: 187.23µg (178.31%), Vitamin A: 6897.76IU (137.96%), Vitamin B3: 23.21mg (116.07%), Selenium: 59.95µg (85.64%), Vitamin B6: 1.43mg (71.3%), Phosphorus: 578mg (57.8%), Potassium: 1563.73mg (44.68%), Vitamin C: 34.24mg (41.5%), Vitamin B5: 3.9mg (38.99%), Vitamin E: 5.7mg (37.99%), Manganese: 0.72mg (36.22%), Copper: 0.68mg (33.94%), Zinc: 4.93mg (32.88%), Vitamin B2: 0.54mg (31.56%), Iron: 5.64mg (31.33%), Magnesium: 100.3mg (25.07%), Fiber: 6.18g (24.71%), Vitamin B1: 0.34mg (22.89%), Folate: 90.66µg (22.66%), Vitamin B12: 0.98µg (16.38%), Calcium: 117.31mg (11.73%), Vitamin D: 0.7µg (4.66%)