



Chicken Scarpiello with Soft Parmigiano Polenta

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 cherry peppers hot quartered
- ☐ 0.3 cup cherry pepper juice hot
- ☐ 0.5 meat from a rotisserie chicken with drum attached, cut in half, thigh and leg) cut into 4 pieces (chicken breast
- ☐ 1 cup chicken stock see plus a little more if needed
- ☐ 8 ounces fennel sausage cut into bite-size pieces
- ☐ 3 cloves garlic smashed finely chopped

- ☐ 6 servings kosher salt
- ☐ 0.3 cup mascarpone cheese
- ☐ 2 cups milk
- ☐ 6 servings olive oil extra-virgin
- ☐ 0.5 onion spanish cut into 1/4-inch slices
- ☐ 1 sprig oregano fresh leaves picked chopped
- ☐ 1 cup parmigiano grated
- ☐ 1 cup cooking polenta quick
- ☐ 0.3 cup white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon

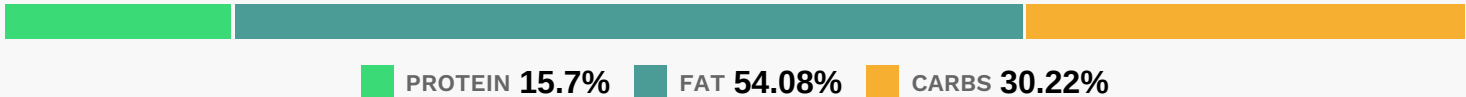
Directions

- ☐ Coat a large, wide pan with olive oil and bring the pan to a medium-high heat.
- ☐ Sprinkle the chicken generously with salt and add to the pan, skin-side down, in an even layer. Brown the chicken well on both sides.
- ☐ Once the chicken is brown on all sides, remove it from the pan and reserve.
- ☐ Drain the oil from the pan and return it to the heat. Coat the pan lightly with new olive oil.
- ☐ Add the sausage to the pan that the chicken was browned in. Brown the sausage well.
- ☐ Add the onions and season with salt. Cook the onions over medium heat until they are translucent and very aromatic, 6 to 7 minutes.
- ☐ Add the garlic and cook for 2 to 3 more minutes.
- ☐ Add the cherry pepper juice and wine to the pan and reduce it by half. While the wine is reducing, scrape any browned bits off the bottom of the pan. Return the chicken, skin-side up, to the pan and add the chicken stock and cherry peppers. Bring to a boil, reduce to a

simmer and simmer, partially covered, for 15 minutes.

- ☐ Remove the lid and simmer for 5 more minutes; add more chicken stock if the stock has reduced too much. Stir in the oregano just before serving.
- ☐ Taste and adjust the seasoning if needed. The finished dish should be slightly soupy, spicy and delicious.
- ☐ Serve over the Soft Parmigiano Polenta.
- ☐ In a medium saucepan, bring the milk, 2 cups water and the bay leaf to a boil. Season generously with salt, almost to the point of over seasoning. How do you know that you are there? TASTE IT!
- ☐ When it has reached a boil, slowly whisk in the polenta in small sprinkles. Once all of the polenta has been incorporated, reduce the heat to medium and immediately switch over to stirring with a wooden spoon. Cook the polenta for 5 minutes over medium, medium-low, adding water if the polenta becomes too thick to loosen it up.
- ☐ When the polenta is thoroughly cooked, it should look creamy and not feel gritty on your tongue.
- ☐ Remove it from the heat and stir in the Parmigiano and mascarpone. Taste and adjust seasoning as needed.
- ☐ Serve immediately, or place a sheet of plastic wrap right on the surface of the polenta to prevent a skin from forming on the top. To reheat, add a little water to the polenta and heat over low to medium heat, stirring constantly to prevent burning.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:13.260000187418%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin:

0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 26.52g (40.8%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 30.57g (11.11%), Sugar: 6.85g (7.61%), Cholesterol: 43.72mg (14.57%), Sodium: 891.27mg (38.75%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 17.32g (34.65%), Calcium: 343.14mg (34.31%), Vitamin K: 35.06µg (33.4%), Phosphorus: 293.67mg (29.37%), Selenium: 17.26µg (24.65%), Vitamin B3: 3.33mg (16.67%), Vitamin B6: 0.33mg (16.27%), Vitamin E: 2.42mg (16.16%), Vitamin B2: 0.25mg (14.74%), Potassium: 472.78mg (13.51%), Vitamin B12: 0.68µg (11.28%), Fiber: 2.78g (11.12%), Vitamin A: 514.41IU (10.29%), Magnesium: 40.39mg (10.1%), Vitamin B5: 0.89mg (8.91%), Manganese: 0.18mg (8.84%), Vitamin B1: 0.12mg (8.31%), Zinc: 1.2mg (7.98%), Vitamin C: 6mg (7.28%), Vitamin D: 1µg (6.65%), Iron: 1.11mg (6.18%), Folate: 18.16µg (4.54%), Copper: 0.09mg (4.42%)