

DINNER

Chicken with Prunes: Pollo alle Prugne

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
111 min	20 min	91 min	4	\$6.76	1,360 kcal



Need a gluten free, dairy free, paleolithic, and primal main course? Chicken with Prunes: Pollo alle Prugne could be a tremendous recipe to try. This recipe serves 4 and costs \$6.76 per serving. One portion of this dish contains about 77g of protein, 83g of fat, and a total of 1360 calories.

Ingredients

- ☐ 1 bay leaf
- ☐ 3 carrots, coarsely chopped
- ☐ 3 pound chicken, cut into 6 pieces (breast, leg and thigh), rinsed and dried
cut into 6 pieces breast, leg and thigh, and
- ☐ 2 cups dry white wine
- ☐ 2 leeks, whites only, thinly sliced
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 tablespoon black peppercorns
- ☐ 4 ribs celery, coarsely chopped
- ☐ 3½ pounds chicken wings, backs, and bones
- ☐ 2 teaspoons minced fresh thyme leaves
- ☐ 0.2 cup olive oil
- ☐ 2 onions, coarsely chopped

☐ 1 bunch parsley stems

☐ 12 dried prunes, plumped in 1/2-cup warm grappa or brandy

☐ 4 servings Salt and pepper

☐ 12 shallots, finely chopped

☐ 2 ounce speck, finely chopped

☐ 2 tablespoons tomato paste

EQUIPMENT Frying pan, Sauce pan, Ladle, Pot, Wooden spoon, Slotted spoon

Method

- 1 Warm the olive oil in a large, heavy casserole and cook the speck until light golden brown.
- 2 Remove it to a plate, using a slotted spoon. Season the chicken with salt and pepper and brown it on both sides, then remove it to a plate.
- 3 Add the leeks and shallots and saute.
- 4 Add the thyme, bay leaf, wine, and chicken stock, scraping the bottom of the pot with a wooden spoon to dislodge the browned bits. Bring to a simmer and return the chicken to the casserole.
- 5 Cover the casserole loosely and simmer for 30 minutes.
- 6 Add the soaked prunes and their liquids and simmer another 30 minutes, until the chicken is very tender and falling off the bone.
- 7 Remove the chicken to a plate and add the sauteed speck. Reduce the sauce for 5 minutes and season with salt and pepper. Return the chicken and speck to the sauce, let rest to cool, then reheat gently and serve.
- 8 In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- 9 Add all the chicken parts and brown all over, stirring to avoid burning.
- 10 Remove the chicken and reserve.
- 11 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.
- 12 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 per serving

1,360
KCAL

77 g
PROTEIN

83 g
FAT

56 g
CARBS

Saturated Fat	21.2 g · 132% of daily needs
Fibre	9.8 g · 39% of daily needs
Sugar	26.4 g · 29% of daily needs
Sodium	721 mg · 31% of daily needs
Cholesterol	297 mg · 99% of daily needs
Vitamin C	46 mg · 56% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chicken-with-prunes-pollo-alle-prugne-142293