



CS Chicken Marinara

Source: Captain's Shack Boise, ID

Bob and Robin Young 15 Oct 2024

PDF: CS-Chicken-Marinara.pdf

Prep: 10 min Cook: 30 minutes Total: 40 min

Note: This was a hit! However, it is best fresh cooked and not as leftovers. Sliced mushrooms would be good in this dish. *The Rao's*: You do not want to make the sauce "too heavy". Add about half of

what is stated and add the rest as necessary. Use a light amount of the sauce. This is not a "sauce dish".

Ingredients:

8 skinless, boneless Chicken Thighs
1 c All-Purpose Flour
3 T Mexican Oregano + 2 t
2 T dry Thyme
2 pinches Aleppo Pepper
2 t Celtic Sea Salt
3 grinds fresh Tellicherry Black Pepper
2 T Butter
1 T Avocado Oil
 $\frac{3}{4}$ c Red Wine, a good Merlot works well.
4 lg Garlic Cloves diced.
1 pkg Frozen Mixed Vegetables, thawed
4 oz Rao's Homemade Marinara
Italian Parsley for garnish

Directions:

Wash the chicken. On a plate, combine the flour, 2T oregano, thyme, Aleppo pepper, salt and black pepper. Mix to combine.

Heat then oil and butter in a large cast iron to a ripple over med-low heat. Dust the chicken in the flour mixture and place in the heated oil. Cook until just browned and not burned. Watch your heat. Cook in batches if necessary. Remove and put on a plate and set aside.

Carefully and off the heat, add the wine and reduce to $\frac{1}{2}$. Add the garlic and stir to cooked until just fragrant. Add the 2t Mexican Oregano and the Rao's and stir to mix. Add the chicken back to the pan. The chicken should be just covered. Add all of the vegetables, cover and slow simmer for about 30 minutes and until the carrots, if in your mix, are adente.

Plate and top with chopped Italian parsley. Serve with toasted sourdough wedges and a glass of Merlot