

Braised Chicken

One of the ORIGINAL and most loyal ShaSha's Wine Club peeps, Debbie Young, reached out to me asking for a wine recommendation to pair with chicken in a tomato sauce flavored with cinnamon and star anise. My recommendation was a Syrah/Shiraz or Petite Syrah. She had one of my favorite wines J. Lohr Pure Paso which is a beautiful and complex Cabernet Sauvignon/Petite Sirah blend that she said went beautifully with her Braised Chicken. She was kind enough to share the recipe!!!



Serves 4

45 minutes to prepare

3 oz. extra virgin olive oil
6 boneless skinless chicken thighs
1 glove garlic, smashed
1/2 white onion, diced
28 oz. can of whole tomatoes, pureed in food processor
3 cinnamon sticks
6 pcs. star anise
salt and pepper (to taste)
2 tablespoons butter
Garnish with thinly sliced chives or chopped parsley (optional)

1. Put olive oil in a large deep sided sauté pan and heat to high.
2. Season chick with salt and pepper and brown on both sides in hot pan (about 2 minutes per side), remove chicken from pan.
3. Reduce heat to medium and add garlic to pan, cook for one minute and discard. Add onions and sauté for 2 minutes and then add tomatoes and cook for 2 minutes.
4. Add chicken back to tomatoes and onions in pan and add cinnamon sticks and star anise. Bring sauce to a simmer and cook for 15 to 20 minutes until chicken is cooked all the way through and tender (an internal temperature of 165 degrees). Remove cinnamon sticks and star anise pieces.
5. Taste sauce and adjust seasoning with salt and pepper, if needed. Remove chicken from pan and cut into bite size pieces.
6. Add butter to tomato mixture in the pan and stir to create a sauce. Add chicken back to pan and toss in sauce.
7. Divide the chicken into bowls. Garnish with thinly sliced chives or chopped parsley and serve.

