



Kokkinisti Kota (Chicken Ragu)

(serves 6)

This is a very traditional Greek meal which is simple to cook and so so very good! I admit the below recipe is for a larger than normal weekday meal but that's because leftovers are always brilliant the next day in sandwiches (my boys favourite leftover sandwich!) or on their own.

Ingredients

- 3 tablespoons quality olive oil
- 1 large brown onion, cut in half and finely chopped
- 1 large Spanish onion, cut in half and finely chopped
- 2-3 garlic cloves, depending on size, finely chopped
- 1.5kg free range or organic chicken thigh fillets, each fillet cut in half
- 1 tablespoon tomato paste
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 teaspoon sugar
- 3 tablespoons fresh oregano
(or alternatively 1 tablespoon dried oregano)
- 8 ripe roma tomatoes
(or alternatively a 400g tin diced tomatoes)
- 1 cup water
- Sea salt flakes and freshly ground black pepper to taste
- 100g Greek mizithra
(or alternatively parmigiano reggiano),
finely grated, to serve
- Extra 2 tablespoons fresh oregano, to garnish

Method

1. Heat the olive oil in a large open saucepan (which has a lid) over a medium-high heat, add the onions and saute until the onions are lightly caramelised. Add the garlic and stir about for a minute until it is also lovely and fragrant.
2. Add the chicken fillets, turning occasionally until they are browned all over. Add the tomato paste and stir so that it covers the chicken. Let this cook for a minute before sprinkling the cinnamon, cloves, sugar and oregano over the chicken.
3. Add the tomatoes and stir a little before adding the water. Season with salt and pepper and pop the lid on, leaving it slightly ajar. Turn the heat down enough to allow the casserole to simmer for approximately 30 minutes or until the chicken is cooked and the salsa has thickened. If the ragu is a little runny, turn the heat right up and let the excess liquid evaporate so that you end up with a nice thick salsa. Take care of course when you do this and remember to occasionally lightly stir the ragu so that it doesn't stick to the bottom of the saucepan!
4. Taste the salsa to ensure the salt and pepper is to your liking and then serve with rice, potato wedges or any type of pasta that can hold a meaty sauce (spaghetti or penne are my favourites with this dish). Sprinkle the mizithra (or parmigiano reggiano) and extra fresh oregano over the entire plate and serve!