

JOHN PLESSETTE'S MEAL OF THE WEEK



CHICKEN WITH PEPPERS AND ONIONS

3 1/2 LB CHICKEN CUT UP  
2 RED BELL PEPPER  
1 YELLOW PEPPER  
1 JALAPENO OR CHILI PEPPER  
3 MEDIUM RED ONIONS  
3 CLOVES OF GARLIC  
1 ORANGE  
1 BAY LEAF  
FRESH THYME, ROSEMARY AND PARSLEY

HEAT 4 TBSPS OF VEGETABLE OIL IN A STEEP-SIDED PAN. DRY CHICKEN PIECE WITH PAPER TOWELS, SALT AND PEPPER.

BROWN THE CHICKEN, SKIN SIDE DOWN FIRST, OVER A MEDIUM FLAME IN BATCHES, SO THEY DON'T CROWD THE PAN. ABOUT 10 MINUTES A SIDE.

MEANWHILE, CORE AND SEED THE BELL PEPPERS. CUT INTO ONE-INCH STRIPS. PEEL AND QUARTER THE ONIONS LENGTHWISE.

REMOVE THE CHICKEN TO A PLATE, POUR OFF MOST OF THE FAT, ADD A SPLASH OF OLIVE OIL. REDUCE THE HEAT TO MEDIUM LOW AND ADD THE PEPPERS AND ONIONS. COOK FOR TEN MINUTES, TURNING FREQUENTLY.

SLICE THE HOT PEPPER LENGTHWISE IN HALF. REMOVE SEEDS AND CUT CROSSWISE IN 1/4 INCH PIECES. PEEL GARLIC AND SLICE THINLY.

ADD GARLIC AND HOT PEPPER TO THE PAN. COVER AND COOK OVER A LOW FLAME FOR 15 MINUTES.

PEEL OUTER SKIN FROM HALF THE ORANGE. SLICE THINLY. ADD TO THE PAN.

ADD 4 SPRIGS OF FRESH THYME LEAVES, 2 SPRIGS OF ROSEMARY LEAVES AND THE BAY LEAF.

ARRANGE THE CHICKEN PIECE ON TOP, SKIN SIDE UP. COVER AND COOK OVER A LOW FLAME FOR ABOUT 20 MINUTES OR UNTIL THE JUICE FROM THE THIGH RUNS CLEAR WHEN PIERCED WITH A FORK.

CHOP 6 SPRIGS OF PARSLEY ROUGHLY AND SCATTER ON TOP.

SERVES 2 TO 4