

The Singing Chef - Andy LoRusso

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Academy Awards Braised Chicken Drum Sticks In Tomato Sauce With Eggplant, Potatoes, Mushrooms and Kalamata Olives

Serves

6

Ingredients

6 Chicken Drum Sticks- 2.5 Lbs
1 Small Italian Eggplant-Skin Off And Cubed
3 Celery Stalks-Chopped
3 Carrots-Chopped
1 Medium Sweet Onion-Chopped
1 Small Garlic Bulb- Cloves Sliced Thin
16 Oz Jar Of Marinara Sauce
1 Cup Of Cremini Or Button Mushrooms-Cut In Half
1/2 Cup Pitted Kalamata Olives
1 Cup Of Small Golden Potatoes-Cut Into Thin Rounds And Par Boiled
1 Sprig Of Rosemary
6 Basil Leaves
1/2 Cup Chopped Italian Parsley
1 Tsp Red Pepper Flakes
1/2 Cup Red Wine
1/4 Cup Of Extra Virgin Olive Oil
Kosher Salt & Ground Black Pepper To Taste
1/2 Cup Of Flour For Dredging
1 lb-Capellini Pasta

Preparation Instructions

Pre-heat the oven to 350 degrees Wash and pat dry the 6 chicken legs, salt and pepper, then dredge in the flour .In a LE CREUSET 3.5 oz Cast Iron Braiser dish over medium high heat, cook chicken legs on both sides until golden brown. Remove from pan and set aside . In the same casserole dish, add the olive oil, lower the heat and saute the onions, celery, and carrots until soft.Scrape the bottom of the pan so that all the flavors blend together.

Add the cubed eggplant and cook until soft, stirring so eggplant does not stick. Add more olive oil if needed. Season with Salt & Pepper. Lower the heat and cover.

Cover for a few minutes over low heat, then add the red wine, stir, and bring to a boil . Cover and place in the heated oven for about 45 to 60 minutes. After about one half hour, stir in the basil, rosemary sprig and the Italian parsley, Place back in the oven and when 45 to 60 minutes have passed, take out of the oven and place on top of the stove or counter to rest for about 10 minutes.

In a pot of boiling salted water, add the capellini pasta and cook as directed on the package . Drain well. Place some of the pasta on a plate and season with ground black pepper.

Serve each person one chicken leg and a generous helping of the sauce.

Make some garlic bread and pour some of the red wine. Now give yourself an Academy Award for creating such a memorable performance!