

Bluelady's Recipes

Clove and Cinnamon Chicken

6 skinless chicken breasts
1 lemon (juice only)
1 cinnamon stick
4 tbsp olive oil
3 tsp ground cloves
1/2 c dry white wine
1-1/2 lb tomatoes, peeled and
chopped

1 tbsp Tomato paste, mixed w/
water
1/4 cup water to mix with
tomato paste
Salt & freshly ground pepper
Fresh parsley or watercress for
garnish

1. Arrange the chicken in a glass or earthenware bowl and rub all over with lemon juice. Allow to stand while heating the olive oil in a heavy braising pot.

2. Place the chicken into the olive oil and cook over medium heat; sauté until light chestnut in color.
3. Heat the wine in a small pan, pour over the chicken, shake the pan, and continue cooking over low heat.
4. Stir in the tomatoes and tomato paste, slip the cinnamon in among the pieces, sprinkle clove powder over all, and cover.
5. Simmer over the lowest possible heat for 1-1/2 hours, or until the chicken is tender and the sauce thick.
6. Season with salt and pepper, and serve warm over cooked grain or mashed potatoes with green raw or cooked vegetables. Garnish with parsley or watercress.

Adapted from: The Food of Greece by Vilma² Liacouras Chantiles. "Chicken Braised with Cinnamon & Cloves Recipe." Avenel Books, New York.