

CHICKEN NAPOLI WITH OLIVES AND PLUM TOMATOES



(Serves – 4) (Prep. – 40 mins. + Cooking – 1:20 hr./mins. = 2 hrs.)

Ingredients:

1 – lb. plum tomatoes, not too soft	2 – tbsp. fresh lemon juice	1/4 – teas. dried thyme leaves
1 – lb. skinless, boneless chicken breast filets, thin sliced	2 – garlic cloves (medium size)	1/2 – tbsp. unsalted butter
18 – Kalamata olives (buy pitted if available)	1 – tbsp. fresh flat leaf parsley, chopped medium	Olive oil
4 – teas. capers (drained)	1 ½ – tbsp. onion, minced	Salt & freshly ground pepper, to taste

Special Equipment: 12" steel omelet pan and 9" X 13" X 2" (high) glass baking dish.

1. Core out the top of the tomatoes, cut in half at the middle, and place in a strainer cut side down to drain – do not squeeze. If not pitted, pit the olives and chop **coarsely**. Chop the garlic fine. Cut noticeable fat globs and gristle from the chicken. Cut the filets across the middle, not lengthwise, into about 3" long pieces if they are on the thicker side and into about 4" long pieces if on the thinner side. Pound under plastic wrap on a cutting board to a thickness of between 1/4" and 3/8" thick. Keep the pieces on the board.

2. Put the butter and 1/2 tbsp. of oil in the pan over medium heat, swirling the oil to cover the pan. Heat until the butter foam starts to subside. Brown the chicken about 4 mins. per side, **until just golden brown** (chicken cooks later in oven). Do not crowd the pieces, cooking a second batch if necessary using just a little more butter/oil. As the chicken is done, transfer to a plate.

3. In the baking dish, mix 2 tbsp. olive oil, **half** the chopped garlic, all of the lemon juice, the capers, and salt and pepper, to taste. Stir with fork until well mixed. Add the chicken pieces, turning over and stirring with 2 wooden spoons to fully coat.

Cover the dish with plastic wrap, making sure all sides are tightly sealed. With the point of a sharp knife, poke six or so holes in the plastic, spread out over the top, to vent heat. Set aside for 30 mins.

(Continue the preparation of this meal, below, while waiting for the chicken to finish marinating.)

4. (30 mins.) Preheat oven to 375 degrees. Chop tomatoes coarsely into about 1" pieces. Wipe the pan clean that was used for frying the chicken. Put 2 tbsp. olive oil in the pan over medium heat. When the oil is shimmering (just before smoking), add the onion and garlic and sauté until tender (not brown). Add tomatoes and olives. Turn the heat to low and cook for 15 mins., stirring occasionally. Stir in half the parsley, all of the thyme, and salt and pepper, to taste.

5. (25 mins.) Once the chicken has marinated for 30 mins., remove the plastic and spread tomato mixture over each piece of chicken. Bake for 20 mins. **Just before serving**, baste the chicken with baking dish juices. Sprinkle on remaining parsley and serve.

ENJOY!