

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 – garlic cloves (medium size)	1/4 – teasp. dried thyme leaves
1 – lb. skinless, boneless chicken breast filets, thin sliced	1 – tablesp. fresh flat leaf parsley, chopped medium	1 – tablesp. unsalted butter
18 – Kalamata olives (buy pitted if available)	1 ½ – tablesp. onion, chopped fine	Extra virgin olive oil
2 – tablesp. fresh lemon juice		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, into medium size chunks. 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.

Important: Place pieces far enough apart to keep them from contacting after pounding. Pound under plastic wrap on a cutting board to a thickness of about 1/4" thick. Keep the pieces on the board.

2. Put 1/2 tablesp. butter and 1/2 tablesp. of oil in the pan over medium heat, swirling the oil to cover the pan. Heat until the butter foam starts to subside and **begins to brown**. Brown the chicken 3 to 4 mins. per side, until golden brown. 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 tablesp. olive oil, **half** the chopped garlic, all of the lemon juice, and salt and pepper, to taste. Stir with fork until well mixed. Add the chicken pieces, turning over and

stirring with two 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 tablesp. olive oil in the pan over medium heat. Just as the oil starts smoking, add the onion and garlic and sauté until tender (not brown) about 30 seconds. 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!