

## Cinnamon-Stewed Chicken

Adapted from [Cat Cora](#), *Health Magazine* January 2009  
Makes about 6 servings, depending on the size of the chicken

### Ingredients

2 teaspoons ground organic cinnamon

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

1 4-5 lb whole chicken, cut into about 8 pieces

(If you're brave, buy a whole chicken and cut it up yourself. If you're short on time, buy a pre-cut bone-in whole chicken. Or, just use plain chicken breasts. Note that this method will not yield results as juicy and tender as the first two methods.)

3 tablespoons extra-virgin olive oil

2 yellow onions, coarsely chopped

5 garlic cloves, minced

1/2 cup dry white wine (I used Bianco. Sauvignon Blanc is another good option.)

2 cups organic low-sodium chicken broth

2 (6-ounce) cans tomato paste

2 tablespoons chopped fresh oregano

~1/2 cup ricotta salata cheese, grated

For the side dish (optional):

2 cups dry whole-wheat orzo pasta

Few heads of broccoli, cut into spears

### Instructions

1. First and foremost – get your *mise en place*! Meaning, make sure you measure out, wash, chop, and place items in individual bowls! This will eliminate any and all stress from the cooking process!



2. Mix cinnamon, salt, and pepper in a bowl. Pat chicken dry with paper towels, and rub with cinnamon seasoning.
3. Meanwhile, heat olive oil in a large, deep skillet or Dutch oven over high heat. (Don't overcrowd chicken). Brown chicken in oil for about 5-6 minutes on each side (this will vary depending on how hot your pan is). Turn frequently with tongs. Remove chicken when nicely browned and a little crispy on all sides; set aside.
4. Lower heat to medium-high. Add onions and half of the minced garlic cloves and cook, stirring constantly, for about 6 minutes or until onions are soft and golden brown. Add wine to pan, scraping up any browned bits with a wooden spatula.
5. When wine has evaporated, add broth, tomato paste, oregano, and remaining garlic. Return chicken to pan. (Liquid should cover the chicken about three-fourths of the way.) Cover and simmer over low heat about 45-50 minutes or until chicken is tender and cooked through. Add salt and pepper to taste.
6. Meanwhile, during the final 15-minute stretch of cooking, cook the orzo pasta according to package instructions and steam the broccoli.
7. Before serving, remove skin from chicken. Serve topped with sauce and sprinkled with ricotta salata and a few grinds of pepper, with orzo pasta and broccoli on the side. Serve extra ricotta salata at the table for the cheese lovers in your house. Enjoy with the remaining white wine, if desired.

*Recipe from [Peaches and Cake](#), 2011.*

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