

Catalina Chicken



Sirve:

4

Pieza:

10" Chef's Gourmet Skillet

Valora: ★★★★★☆

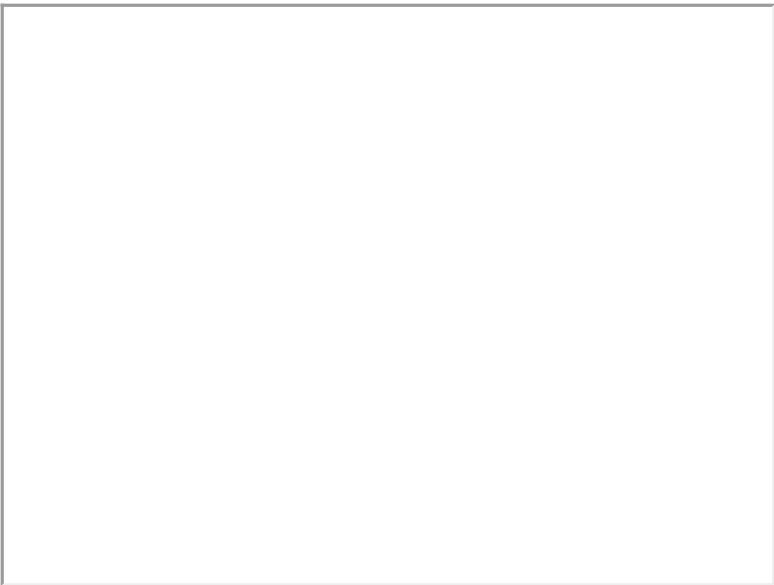
Contribuido por:

Diana Valenciano

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Descripción de la Receta:

Succulent chicken thighs marinated and then simmered in a rich sauce that will keep you coming back for more. Quick and simple to make in any of your Saladmaster Chef's Gourmet Skillets! Serve with a side of wild rice or any vegetable of your choice.



- 1 cup
ketchup
(240
g)
- 1/2 cup
sugar
(100
g)
- 1/2 cup
red wine vinegar
(119
g)

3 tbsp
 honey
 (63
 g)
 2 tbsp
 Worcestershire sauce
 (29
 ml)
 ½ cup
 chicken or vegetable stock
 (118
 ml)
 2 tsp
 smoked paprika
 (4
 g)
 1 tsp
 Italian seasoning
 (2
 g)
 1 tsp
 garlic powder
 (2
 g)
 1 tsp
 salt (optional)
 (2
 g)
 1 tsp
 black pepper
 (2
 g)
 4 chicken thighs, boneless, skinless
 1 cup
 cherry tomatoes
 (149
 g)
 1 red onion, diced

Preparación :

1. Trim chicken thighs of excess fat and set aside.
2. In a bowl, combine chicken stock, ketchup, red wine vinegar, Worcestershire sauce and honey and whisk until smooth.
3. Add the chicken and half of the marinade mixture into a ziploc bag and chill in the refrigerator for 30 minutes - 1 hour.
4. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
5. Add chicken to the skillet and cover, cook for approximately 10 mins. When Vapo-Valve™ begins to click steadily, reduce heat to low. Once cooked, remove chicken and set aside.
6. Add onions to the skillet and saute until they become translucent.
7. While onions are cooking, add the smoked paprika, italian seasoning, garlic powder and sugar to the remainder of the sauce and whisk until smooth.
8. Add sauce to the onions and simmer for approximately 5 minutes until thickend. Stirring occasionally, salt and pepper to taste.
9. Add cherry tomatoes and chicken back into the skillet. Ensure to cover the chicken with the sauce so it can easily absorb the flavors and sauce. Cook for 5 minutes.
10. Serve with wild rice or any vegetable of your choice.

Consejos:

- Cornstarch dissolved in some water and then added into the

sauce can be used instead of the sugar as the thickener.

Calorías: 305

Grasa: 3g

Colesterol: 64mg

Sodio: 928mg

Carbohidrato: 53g

Fibra: 2g

Azúcar: 32g

Proteína: 16g
