

Pollo alla Trasteverina

Trastevere is the part of Rome on the other bank of the Tiber from Rome 'proper'. It is traditionally the artistic quarter, however, few juggling chickens can afford the property prices there now

Ingredients

1 chicken in pieces
salt and pepper
Flour
2 tblspn oil
2 cloves of garlic
dry white wine
1/2 chopped onion
lard, 100gms
dried mushrooms, 40gms
2 yellow roasted peppers,
Zucchini 300 gms
tomato pulp 300 gms
a sprig of rosemary
a pinch of marjoram
a pinch of parsley

Method

Cook the peppers as per Peperoni Arrosto. Heat half the oil in a pan, dip the chicken in flour and brown the chicken pieces, over high heat, lower the heat and cook through, about 25mins.

Meanwhile in another pan, place the remaining oil and the crushed garlic cloves. When golden, add the mushrooms, the pepper fillets, the sliced courgettes, the chopped tomato pulp, the rosemary and a good pinch of salt and freshly ground pepper. Cook around 10 mins.

Remove and keep the chicken pieces warm. Brown the chopped onion and lard in the chicken juices, then pour in the wine, let it evaporate, return the chicken pieces and season.

Remove the rosemary, mix in the stew and season, cook it for a few moments. Serve sprinkled with chopped marjoram and basil.