Chicken Caccitore Sticks

Meat  Yields: 10 servings

My family jokes that we are going to open a restaurant called “Schtick” where everything is served on a stick. Think about it — EVERYTHING is better on a stick — pickles, steak, cheesecake, brownies, dipped bananas — well, this recipe is no different. This dish does it all — sticks and spaghetti for the kid in you, upscale chicken dish for the adult.

4 boneless, skinless chicken breasts halves, with tenders

1 cup all-purpose flour

½ teaspoon fine sea salt

½ teaspoon freshly ground black pepper

2 tablespoons olive oil

1 onion, peeled, cut into 1-inch dice

1 red bell pepper, seeded, cut into 1-inch dice

1 teaspoon dried oregano

1 (15-ounce) can diced tomatoes, with juices

3 cloves fresh garlic, minced

1 cup white wine

1½ cups chicken stock

1½ cups jarred marinara sauce

¼ cup water

2 tablespoons ketchup

8 ounces (½ box) angel hair pasta or 8 angel hair pasta nests

fresh basil leaves, for garnish

1. Remove the tenders. Cut each chicken breast lengthwise into 4 long strips. Set aside.
2. Place the flour, salt, and pepper into a shallow dish. Stir to evenly distribute the spices. Coat 1 strip of chicken at a time in the flour, shaking off excess. Place onto a jellyroll pan. Repeat with remaining chicken, including the tenders.
3. Heat the olive oil over medium-high in a large (12- 14-inch) skillet. When the oil is hot, add the floured chicken and brown on both sides, using tongs to flip each piece as it turns golden brown, about 3-4 minutes per side. Remove the chicken to a plate or tin.
4. To the same pan, add the onion, bell pepper, and oregano. Sauté for 5 minutes, until the onion is shiny and limp. Add the diced tomatoes and garlic and cook for 5-6 minutes. Add the wine, chicken stock, marinara sauce, and ¼ cup water. Mix well. Return the chicken to the pan, raise heat, and bring to a boil. Turn down to a simmer and cook for 10 minutes, stirring every few minutes.
5. Remove the chicken to a cutting board. Stir in the ketchup and mix well. Meanwhile, prepare the angel hair pasta according to package directions until al dente. Drain.
6. Stick skewers through the chicken strips. Dip skewered chicken into the sauce, coating both sides. Spoon some of the sauce into a bowl or plate. Place the pasta on the sauce, lay the cacciatore skewers on the pasta or standing up in it; spoon on more sauce. Garnish with fresh basil.