

# CREAMY TUSCAN INSPIRED CHICKEN

**Servings:** 4-6 people  
**Prep:** 30 minutes  
**Bake:** 1 hour  
**Total Time:** 1½ hours  
**Dietary:** Gluten friendly  
and nut friendly



**CHEF DUFF LAMPARD**  
Executive Chef,  
Metro Toronto Convention Centre

## INGREDIENTS \*

4-6 pieces of boneless skin on chicken thighs (substitute with tofu)  
500 ml quartered cleaned cremini mushrooms  
500 ml baby vine tomatoes  
700 ml spinach  
300 ml drained ¼ artichokes  
250 ml drained julienne sun dried tomatoes  
300 ml drained roasted jarred red peppers  
500 ml chopped Kale  
500 ml white canned kidney beans (double for vegetarian/vegan)  
200 ml shredded Parmesan Reggiano (substitute vegan cheese)  
3 cloves garlic minced  
60 ml white wine  
500 ml good quality chicken stock (substitute vegetable stock)  
250 ml 35% cream (substitute coconut cream)  
100 ml extra virgin olive oil  
200 ml chopped pancetta (optional but highly recommended)  
100 ml each fine diced carrot/ celery/ onion (this is your mirepoix)  
6-7 stalks fresh thyme  
1 stalk fresh rosemary  
Sea salt/ cracked pepper  
\*all ml measurements are liquid measures

## DIRECTIONS

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Turn oven to 325 degrees.

Pre heat heavy bottom cast iron or stainless shallow pot on high heat.

**STEP 1:** Pat dry Chicken season with sea salt / add enough olive oil to coat hot pan and sear chicken skin side down for 2-3 minutes until golden – add bit of cracked pepper. Remove from pan and set to side.



**STEP 2:** Add 30-40 ml olive oil to hot pan / stir in mushrooms and sauté / add pancetta and slightly brown / add mirepoix (celery / carrot / onion) and continue to cook for a couple minutes.



**STEP 3:** Add spinach / kale / grape tomatoes to pan and cook until wilted – 1-2 minutes.



**STEP 4:** Add garlic / roasted red peppers / sundried tomatoes / white beans / garlic / white wine- stir in and adjust seasoning with sea salt / pepper.





## DIRECTIONS (continued)

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**STEP 5:** Add chicken stock / cream / parmesan cheese – allow to come to simmer / fold in artichokes / adjust seasoning.



**STEP 6:** Add rubbed herbs / can place whole stalks in one area for easy removal later.



**STEP 7:** Place chicken crisp skin side up on top of hot steaming ragout.



**STEP 8:** Place in oven and cook for at 1 hour or until chicken reaches 160° degrees – okay to let cook longer as flavours will continue to develop and chicken will become more tender as it braises in ragout.



**STEP 9:** Serve in cooking vessel / can be spooned over pasta / soft goat cheese polenta or simply eaten on its own.

