

Crock Pot Chicken Cacciatore
Adapted from Emeril Lagasse
Sweet Posy Dreams, <http://sweetposydreams.blogspot.com>

8 chicken thighs, bone-in, skin on
Salt and freshly ground pepper to taste
1 1/2 teaspoons Emeril's Original Essence (recipe follows)
1/4 cup plus 2 tablespoons flour
2 tablespoons olive oil
2 large yellow onions, sliced
1/8 – 1/4 teaspoon red pepper flakes
2-3 tablespoons minced garlic (can slice or chop for larger chunks if desired)
1 teaspoon dried oregano
1 teaspoon dried rosemary
1 tablespoon dried basil
1 large or 2 medium bay leaves
1 (28 ounce) can whole peeled tomatoes, cored and rough chopped, with juices
1/2 cup dry white wine (can omit)
1/4 cup tomato paste

Trim excess skin and fat from chicken thighs. Season both sides with salt and pepper and Essence blend. Pat gently to make sure seasonings adhere. Dredge chicken lightly in 1/4 cup flour.

Heat olive oil in large nonstick skillet. Brown the chicken thighs until golden on both sides. Transfer chicken to crock pot.

In same skillet, add onions. Cook until softened and lightly caramelized. Add red pepper flakes, garlic, oregano, rosemary, basil, bay leaves and 2 tablespoons flour. Cook, stirring, for 1 to 2 minutes.

Add tomatoes, wine, tomato paste and stir to combine and heat through. Pour tomato mixture over chicken in crock pot. Cook on low for 6 hours or so, until chicken is cooked through and bones easily pull out.

Remove bones, skin, and cartilage. Pull meat apart into chunks. Serve over rice or pasta.

Recipe for Emeril Lagasse Essence

5 parts paprika
4 parts salt
2 parts: garlic powder
ground black pepper
onion powder
cayenne pepper
dried oregano

dried thyme