KALI OREXI

sharing our Greek culinary heritage

Antigoni's Special Sunday Lunch

Kotopoulo KoKKinisto me Bamies Kai Pilafi

Chicken in a tomato sauce with risoni-rice and baked okra - this is a dish my mother would prepare when she had special guests for lunch. I learned how to make it and also did the same for many years.

For the Kotopoulo KoKKinisto you will need...

½ cup extra virgin olive (EVOO)
2 medium brown onions, diced
3-4 garlic cloves, crushed
Dried chillies, to taste
12 chicken thighs
1.5-2 teaspoons salt
1.5 teaspoons black pepper, cracked
675ml passata

For the okra you will need...

1kg okra
EVOO
Salt

For the risoni-rice (pilafi) using a rice cooker you will need...

2/3 cup risoni
1/8 - ¼ cup EVOO
2 cups medium grain rice
2 teaspoons salt
2 ½ cups water

Preparing the Kotopoulo KoKKinisto

- Sauté the brown onions with the EVOO, in a medium-large pan, on medium-high heat, till lightly golden
- Add the garlic and sauté very briefly
- Add the chicken thighs and brown on each side – if using a non-stick pan – or till some fond forms if not using a non-stick pan
- Add the dried chillies, salt, pepper and passata and stir through
- Heat till it comes to a gentle boil
- Cover pan with slightly vented aluminium foil and bake in an oven preheated to 180°C for 1 hour
- Remove the foil and bake for a further 15-20 minutes, till the chicken browns a little and all of the water has been reduced out of the pan

Preparing the okra

- Using a paring knife, make an angled incision into the okra just below the visible line that separates the stalk from the fruit. Continue cutting around the okra to form a conical pyramid at the top of the okra.
- Wash the okra and drain
- Place in a medium to large pan, drizzle with EVOO and season with salt
- Bake in an oven preheated to 180°C for 30 minutes or so, till the okra brown on the underside
- Then toss them in the pan and return them to the oven for 15-20 minutes so they brown some more

For the risoni-rice using a rice-cooker

- Brown the risoni with the EVOO in a fry pan
- Wash the rice well
- Add the rice, risoni, water and salt to the rice-cooker and cook according to the Rice-Cooker's cooking instructions

  Alternatively, if you would like to use a regular pot to cook the risoni-rice, follow this method - https://www.kali-orexi.com.au/kos-risoni-rice/

Serve the Kotopoulo KoKKinisto me bamies Kai pilafi

- Fill a lightly-oiled cup with the pilafi and gently pack it in
- Turn the cup upside down over a serving plate and gently tap it to release the mound of pilafi
- Add 1-2 chicken thighs to the plate and pour some of the tomato sauce on top
- Add okra to the plate and a generous dollop of thick Greek yoghurt
- Kali Orexi!