



Chicken Kampama

There is a noticeable chill to the wind and a nip to the air these days, which can mean only one thing -- the holiday season is rapidly approaching. This recipe for Chicken Kampama, with its cinnamon flavors and hearty aromas, will take you back to days deep in the heart of fall, sharing meals and conversation with family and friends. Plus, it's easy to prepare and doesn't require a lot of prep work, which gives you more time out of the kitchen to spend with loved ones.

The ingredients for Chicken Kampama are:

3 pounds whole chicken cut into pieces

2 medium yellow onions, chopped

2 garlic cloves, minced

1 cup of fresh or canned tomatoes, chopped

6 tablespoons tomato paste

2 cinnamon sticks

1/4r teaspoon ground allspice

1/2 teaspoon sugar

2 tablespoons olive oil

1/4 cup red wine

salt & pepper to taste

Warm a large skillet over medium heat and pour in the oil. Once the oil is heated, about one minute, brown the chicken on all sides, then remove from the pan and set aside.

In the same pan add the onions, garlic, tomatoes, tomato paste, the cinnamon sticks, allspice and sugar. Bring to a boil. Once the concoction is boiling, add the chicken, reduce the heat and let it simmer for 1 to 1 1/2 hours, until the chicken is tender.

This recipe makes enough food to serve four to five people, and goes well with rice, potatoes or even a side of pasta.

Enjoy, and I hope to see you all soon!