



Pollo al Cava

This is a family favorite, juicy pieces of chicken breast fried to a golden brown and braised in Spain's special bubbly - Cava. It's easy to prepare and a great way to use up that bottle of Cava which has lost its fizz. It makes it's own delicious sauce, with no extra effort.

Ingredients:

2 Chicken breasts, sliced 1/4" thick and cut in medium-sized pieces

Olive oil

Salt and pepper

Juice of 1/2 lemon

Flour

1/4 cup Cava

Preparation:

Salt and pepper chicken pieces

Dredge in flour (or shake pieces in a plastic bag with the flour)

Heat olive oil in frying pan

Brown chicken on both sides

Add cava and lemon juice over chicken

Simmer 10-12 minutes, move pan & turn pieces to mix and make the sauce

Add more cava or a little water as needed to make a nice thick sauce

Serve with boiled potatoes or white rice

Notes:

1. Don't skimp on the oil, it gives flavor and browns nicely
2. You can also use boned chicken thighs
3. Use your favorite spices - like chile or curry
4. Any dry white wine will be OK, sherry also works well



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