

THE CHICKEN DERIVATIVE

This was yet another case of lookin' to do a quick dinner which turned into a "Holy @#\$#@ this is good!" Some leftover "3 Ingredient Chicken", some pantry staples, and voila! I think I am going to do a variation of this for my "Dinner in a Can (For the Most Part)" series. It is experiences like this that make cooking really enjoyable and give me continued hope that I can make tasty new things. Still not quite a "quick" meal though.

Oh, by the way... This is another example of where reserving some pasta water for the sauce was a really, REALLY good idea

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	-----	Mediumish Size Left Over "3 Ingredient Chicken" Thighs
2	14.5 oz Can	Unsalted Diced Tomatoes
4	Oz.	Dry Spaghetti
3	TBSP	EVO
3	Cloves	Garlic
1/8	TSP	Morton's Kosher Salt
1/4	TSP	Dried basil
1/4	TSP	Cayenne Pepper
AR	-----	Fresh Ground Black Pepper

I tend to like the thinner spaghetti (Capellini or Angel Hair), but use what you like!

See standard disclaimer about differences between salts. If you can't find unsalted diced tomatoes, don't add the salt.

SPECIAL TOOLS

- None!

PREPARATION

- 1) Heat a 3 qt. stainless steel pot on very low [i]
- 2) Drain the 2 cans of diced tomatoes through wire mesh strainers on top of 1 qt. measuring cups [ii]
- 3) Mince the 3 cloves of garlic
- 4) Add EVO to the pot
- 5) Add garlic to pot
- 6) Add cayenne pepper and basil to pot
- 7) Add black pepper to pot to taste [iii]

- 8) Set timer for 10 minutes
- 9) Remove skin from the chicken thighs and mince [iv]
- 10) Add minced skin to the pot
- 11) Set timer for 10 minutes
- 12) Start hand pulling the chicken meat from the thighs into smallish (but not too small!) bits
- 13) When the 10 minute timer expires, add the drained diced tomatoes to the pot and stir well with wood spoon
- 14) Increase heat to medium lowish. Stir occasionally with wood spoon
- 15) Finish hand pulling the chicken meat
- 16) When sauce starts to bubble, reduce heat back to very low
- 17) Add the pulled chicken to the sauce
- 18) Set timer for at least 10 minutes and stir sauce occasionally
- 19) Add enough water to the drained diced tomato juice to reach a total of 2 qts [v, vi]
- 20) Add the tomato water to a pasta pot and heat to boil
- 21) Add pasta to water and boil for 2 minutes or until al dente [vii]
- 22) Drain pasta
- 23) Add sauce to pasta pot and reduce heat to very low
- 24) Add pasta back to pasta pot
- 25) Add reserved pasta water to pasta pot
- 26) Gently fold pasta, sauce, and pasta water together until everything is evenly incorporated
- 27) Continue to heat on low (folding occasionally) until the pasta and sauce reduces to your desire consistency
- 28) Plate and...
- 29) ENJOY!!!

NOTES

- i. The 3 qt. size worked out well for all phases of the recipe; not too large for the initial sauce build, yet not too small when adding in the rest of the sauce ingredients
- ii. You'll need the juice later!
- iii. Well, not quite "to taste" since you most likely won't be tasting it right now. Just kinda gauge what you think you will like. I did 6 "twists" of the pepper mill
- iv. I think using the herb technique (I think it has a name, but I can't recall off the top of my head) where you roll up the herbs into tight rolls and then slice will work here
- v. If your tap water is funky, use bottled water
- vi. This is what was recommended for the pasta I used. Adjust accordingly for the directions of the pasta that you use
- vii. Cooking for the minimum recommended time or even a bit less is a good idea since the pasta will continue to cook when it is in the sauce

PICTURES

No pictures for this one yet! Too tasty!