

CHICKEN GIZZARDS AND TOMATO



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30
min



Easy

INGREDIENTS

- 500g chicken gizzards
- 300g ripe plum tomatoes
- 1 large onion
- 1 bay leaf
- 3 garlic cloves
- 100ml olive oil
- 100ml white wine
- 1 red chilli pepper
- 1 tbsp wine vinegar
- 1 pinch paprika
- 1 sprig parsley
- Freshly ground black pepper
- Sea salt to taste

METHOD

Give the gizzards the once over, getting rid of any unwanted scraps and wash well with the help of a little vinegar

- Cut them in two, cutting at the thickest part of the gizzard
- Boil them quickly in water seasoned with salt
- Drain and keep for later
- Sauté the onion, chilli pepper, chopped garlic and the bay leaf in olive oil
- Refresh with the white wine and reduce
- Add the chopped tomatoes and season with salt and pepper
- Add the gizzards immediately
- Leave to stew slowly for between 30 and 40 minutes, until the right texture is achieved
- Check the seasoning
- Sprinkle with chopped parsley and serve.