

Jamaican Stew Chicken

(Medium level Recipe)

(Preparation and Cooking Time: 1hr. 30 minutes)

Ingredients

3-4 medium Roma tomatoes cut into long thin slices with seeds removed. *(Use your favorite tomatoes – ones that are not too sweet and not too tart are best.)*

2 medium onions cut into long thin slices

1 scotch bonnet pepper (whole with a two small punctures- DO NOT CUT)

3 cloves garlic

4 sprigs of fresh thyme

3 stalks of scallion (green onions)

1 ½ tsp salt (more or less according to personal taste)

1 tsp of black pepper

½ tsp of ground pimento

¼ cup of soy sauce (Worcestershire sauce maybe used – I like Lea & Perrins')

2 pounds of chicken, **or** (4 leg & thigh quarters skinned. Cut into 2-3 three pieces for each quarter).

2 tablespoons of vegetable oil (your favorite – even olive oil)

Method

Mix all the ingredients (except oil) together and marinate for half an hour.

Heat oil in a large heavy bottomed non stick sauce pan.

Remove pieces of chicken from marinade and sauté in oil until dark brown on all sides.
(BE CAREFUL OF SPLATERING OIL DROPS when placing chicken in hot oil.)

Pour the marinade and a cup of water over chicken.

Cover and cook until chicken is fully cooked. (Poke chicken to the bone and if it still looks pink...cook further).

Find the scotch bonnet pepper and remove from the dish after cooking. Keep it on the side for any guest who would like a slice to add to their portion of the dish.

There should be a nice brown gravy coating your chicken by the time it is finished cooking.

Serving suggestions

Serve as a main meal with rice and peas and a side salad of greens and assorted vegetables.

Also nice to serve with Jamaican fried dumplings (Johnny cakes).