

From the kitchen of Hermie Samuels

Brown Stew Chicken



Serves 4

Prep time: 30mins plus marinate time of 1 hour
Total time: 1 hr 30 minutes

Chicken (legs & thighs)	Garlic
1 tablespoon chicken seasoning	Thyme
Soya sauce	Black pepper
Onions/scallion	1 teaspoon brown sugar
Ginger	2 two tablespoons of cooking oil

- 1 Place the chicken in a bowl, wash with water and vinegar, then rinse off with water and drain.
- 2 Add all the ingredients to the chicken except the brown sugar and cooking oil.
- 3 Mix and massage well into the chicken and leave to marinate in the fridge overnight if time permits, otherwise leave to marinate in the fridge for an hour. Remove chicken from fridge at least 15 minutes before cooking
- 4 Heat the oil in a large pot and add the teaspoon of sugar. Turn the heat up, as the oil heats up and the sugar dissolves add the chicken one piece at a time, stirring as you go to brown the chicken.
- 5 Once each piece of chicken has been browned, add a cup of water. Turn down the stove and simmer, adding in the rest of the ingredients that were left behind in the bowl when you added the chicken to the pot.
- 6 Keep an eye on the chicken and add more water (hot from the kettle) when the water drops to below 1cm in the pot. After 20 minutes turn and stir the chicken and continue to let it simmer, remembering to top up with hot water if required. The liquid will be getting thicker and creating a gravy from the meat.
- 7 Check if the chicken is cooked by poking it with a fork and if the juices run clear with no blood then it is cooked.

Serve with the rice and peas and some vegetables.

