

Marie's Brown Stew Chicken by Maxine Mckenzie

Ingredients

- 8 medium sized thighs and drumsticks (skin removed if you prefer)
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 onion
- 2 medium potatoes, chopped into large cubes
- 3 stalks of scallion (you could substitute chives or leeks)
- 1 scotch bonnet pepper
- 1 sweet red or yellow pepper
- 3 cloves of garlic
- 1/2 inch of ginger
- 3 tomatoes
- Oil for frying
- 3 sprigs of fresh thyme (or 3 teaspoons of dried thyme)
- 1 tablespoon of butter
- 1 tablespoon of browning (or substitute with soy sauce)
- 2 tablespoons of Worcestershire sauce
- 2 cups of water

Note: you could add in carrots too but don't leave out the potatoes as they help to thicken the gravy.

Method

1. Season the chicken by rubbing in salt, pepper, thyme, onion, scallion, hot pepper, sweet pepper, garlic, ginger and tomato. Ideally leave to marinate overnight or for as long as possible.
2. Scrape the seasoning off the chicken and fry in the oil until the chicken is browned on all sides
3. Remove the chicken and drain off the oil.
4. Melt the butter in the saucepan and fry the onion, scallion, hot pepper, sweet pepper, garlic, tomatoes and thyme for until the vegetables are softened and lightly browned
5. Add the water, browning or soy sauce Worcestershire sauce and potatoes
6. Stir and simmer until the chicken is tender (almost falling off the bone). Traditionally this is served with rice and peas and plantain but could be served with white rice and any veggies of your choice.

