

BROWN STEW CHICKEN (FOR 4 - 6)

INGREDIENTS:

1 small chicken, portioned and skinned

Juice of 1 lime

1 large chopped tomato

3 - 4 chopped spring onions

1 large onion, chopped

2 crushed garlic cloves

1 minced scotch bonnet pepper

3 - 4 sprigs of thyme

1 teaspoon of allspice berries (cracked)

2 tablespoons soy sauce

Oil for browning

1 chopped carrot

250ml water or chicken stock



METHOD:

Pour the lime over the meat, rub well and scrape off any excess. Mix the tomato, onions, soy, onions, pepper, thyme and allspice in a large bowl, add the chicken and cover. Marinade overnight or for a minimum of 1 hour.

Remove the chicken from the marinade and brown a few pieces at a time in hot oil, having set aside the chopped vegetables.

Drain off any excess oil and return the chicken to the pan with the vegetables and carrot - fry over a medium heat for 5 minutes.

Add the water or stock and simmer until the chicken is cooked.

Boil the sauce until reduced to a thick gravy.

Service with rice and peas, sliced avocado and tomatoes,