

Nigerian Chicken Stew

Stews are one of the most popular foods in Nigeria and are usually based on a tomato stew served with Jollof (flavoured with peppers and lots of seasoning), white or coconut rice.

Ingredients:

100 ml vegetable oil
3 lbs diced chicken
4 chopped tomatoes
28 oz tin whole plum tomatoes, drained
2 tbsp tomato paste
1 chopped red bell pepper
2 habanero peppers
1 sliced medium onion
1.5 tsp dried thyme
1 tbs cayenne pepper
1 bay leaf, 1 chicken stock cube, salt & pepper to taste,
200 ml chicken stock plus water as needed.

Cut the chicken into bite-sized pieces.

Place in a pot with water, thyme, chicken bouillon cube, salt and black pepper to taste. Cook the chicken until done and then fry until golden brown. Place the chicken on a rack and cook in the oven at 180° C for 10 mins. Set aside.

Purée the tomatoes, habanero peppers, bell peppers in a blender.

Heat the vegetable oil in a large pot and add the onions frying until just golden brown.

Add the tomato mixture and cook for about 25 mins to reduce in size, turns a deep red, and the oil begins to separate from the tomatoes stirring continuously. Add the tomato paste and cook for an additional 5 mins.

Add the cooked chicken, stock and seasonings (dried thyme, cayenne, bouillon cube, and bay leaf).

Stir adding more water if needed. Simmer for 15 minutes.

