



# Sugar Apple

Posts From The Caribbean

## Devica's Chicken Pelau

We used white rice for the pelau in the photos here, but brown rice maintains its texture better in a pelau. Devica always uses brown rice. There a good discussion about pelau at the Chris De La Rosa's The Caribbean Pot blog ([www.thecaribbeanpot.com](http://www.thecaribbeanpot.com)).

*2 pounds chicken thighs, skinned and each thigh cut into two pieces*  
*2 teaspoons Maggi seasoning or soy sauce*  
*1 cinnamon stick*  
*a few slices of onion*  
*3 tablespoons [green seasoning](#)*  
*a 1-inch piece of ginger, peeled and cut in half*  
*2 tablespoons vegetable oil*  
*2 tablespoons demarara sugar*  
*1 stalk celery, diced*  
*3 scallions, sliced*  
*2 cups brown rice, rinsed*  
*1 cup coconut milk*  
*2 1/2 cups water*  
*1 can pigeon peas, drained*  
*1 teaspoon salt*  
*1/2 teaspoon sesame oil*  
*garnish - 1 scallion sliced and 1/2 stalk celery (including the leafy top), finely chopped*

Put the chicken in a bowl, add the Maggi or soy sauce, cinnamon stick, onion, green seasoning and ginger. Mix well and marinate for at least two hours or as long as overnight.

Heat the oil in a large heavy pan over high heat. Add the sugar and cook for about five minutes, stirring occasionally until the sugar is brown and caramelized.

Reduce the heat to medium and add the chicken and its marinade to the pot. Cook until the chicken is almost cooked through and most of the liquid has cooked out, about 20 minutes.

Stir in the celery, scallion, rice and salt. Cook for a minute or two, then add the coconut milk and water. Bring to a boil, cover and cook until the rice is almost cooked through. Add the pigeon peas and continue cooking, covered, until the rice is tender. Stir in the sesame oil and the scallion and celery garnish and serve. *Serves 6.*

<http://www.abigailblake.com/sugarapple>

from the article *Chicken Pelau* posted on November 9, 2009