



Sugar Apple

Posts From The Caribbean

Dede's Chicken Curry

Audrey was raised on this chicken curry. Devica makes this curry really hot and our Caribbean-reared girl loves the heat. If you've just made your green seasoning, add some water to the blender to get every last drop of seasoning and use that as your second addition of water. Serve with rice and roti.

2 pounds of chicken thighs, skinned, trimmed of excess fat and cut in half
3-4 soup spoons full of green seasoning
a sprinkle of ground cinnamon
1/2 medium onion, peeled and chopped
5 cloves of garlic, peeled and grated or finely minced
cooking oil for frying, about 2 tablespoons
more hot peppers if desired (Dede would)
1/4 cup curry powder (Devica uses a combination of a West Indian curry powder she gets at the shop and Bones' freshly made curry powder. You can use any decent curry powder available.)
1 1/2 cups of water
1 stick of cinnamon
water
salt to taste
3 baking potatoes, peeled and cut into 2-inch chunks
one can of chickpeas, drained

Put the cut up chicken in a bowl and add 3 or 4 spoonfuls of green seasoning and a sprinkle of ground cinnamon. Mix it all up together, cover with plastic wrap and refrigerate for a few hours.

Heat a heavy pot over high heat, add a little cooking oil and let it get hot. Add the onion and garlic (and another hot pepper or two if you dare) and cook until they start to brown. Add the curry powder, stir it around and let it cook for another minute or two. This will release the oils from the curry and give it a deeper flavor. Add the water and cinnamon stick and cook the mixture over high heat until it's very thick and a wooden spoon will leave a trail when you drag it across the pot. This will usually take a while, about 20 minutes or so.

Add the chicken and any juices that have accumulated in the bowl, along with a bit of salt to taste. Stir it all together and cook, covered, over medium high heat about 20 minutes. Add the potato and chickpeas and cook for 5 minutes. Add some more water (including that you've used to "clean" the blender) to come almost to the top of the chicken mixture. Cover and cook until the potato is cooked through, about 20-30 minutes.

As with most stews, this is just as good, if not even better, the next day. One note - Devica keeps it all at a rollicking boil. I might turn the heat down a bit, maybe to medium. But that's just me. *Serves 8 normal people or 6 Blakes.*

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

from the article *Devica, Continued* posted on April 24, 2009