



Jamaican Brown Stew Chicken

Prep:	30 mins
Cook:	1 hr
Total:	1 hr 30 min
Servings:	16 children

Ingredients

- 1.5kg chicken thigh fillets
- 3 tsp Soy sauce
- 2tbsp Vegetable oil
- 1tsp paprika
- 1 sprig fresh thyme
- 6 garlic cloves crushed garlic
- 2 red bell pepper
- 4 large onions (chopped)
- 2 cups water
- 1 tbsp. cornflour/ corn-starch
- 1 tbsp. tomato puree

Method

1. Remove skin from chicken and cut into small pieces.
2. Place chicken in a mixing bowl, add garlic, paprika, 1tsp soy sauce browning, 1 onion, 1 pepper, and marinate in the fridge overnight
3. Take chicken out of sauce
4. Add vegetable oil to the frying pan on medium heat and add chicken to the pot and cook until brown on each side (5 mins)
5. Once browning is complete remove chicken from the pot, along with half of the remaining oil in the pot/pan
6. Add pan, along with the remaining onion and bell pepper, fresh thyme, and cook for 3 minutes
7. Add 2 tsp soy sauce, 1 cup of water, cornflour, puree and stir into a gravy.
8. Then add the chicken to the pan and simmer low for an hour until meat is tender.