

Groundnut Stew (for 4)

Peanut butter & okra flavor & thicken this tasty African stew. You can substitute green beans for the okra, if you like; sauce consistency won't be quite the same, but it will still be thick enough to cling to the chicken.

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Chicken and Other Birds Author: Susan Rich, Laura Russell

Prep Time: 15 minutes

Cooking Time: 31 minutes

INGREDIENTS:

2 TBS cooking oil, more if needed
1 whole chicken, 3 - 3 1/2 lbs, cut into 8 pieces
1 3/4 tsp salt
1/2 tsp fresh ground black pepper
1 onion, chopped
2 TBS tomato paste
1 C canned crushed tomatoes in juice, drained
1/4 tsp cayenne pepper
2 3/4 C water
1/2 C creamy peanut butter
1 10-oz package frozen sliced okra

DIRECTIONS:

In large pot, heat the oil over moderately high heat. Season chicken pieces with 1/4 tsp each of salt & black pepper. Cook till browned, turning (about 8 minutes in all). Remove. Pour off all but 1 TBS fat from pot.

Reduce heat to moderately low. Add onions & cook, stirring occasionally, till starting to soften (about 3 minutes). Stir in tomato paste & then the tomatoes & cayenne. Return chicken legs & thighs to pot & stir in 2 C water. Bring to simmer & cook 10 minutes, partially covered.

Whisk together peanut butter and the remaining 3/4 C water till smooth. Add this mixture to the stew along with chicken breasts & wings, okra & remaining 1 1/2 teaspoons of salt + 1/4 of teaspoon black pepper. Cook, partially covered, till okra is just done (about 10 minutes).