

JAMAICAN CHICKEN CURRY

INGREDIENTS

2 tablespoons (2 tablespoons) Oil
1 tablespoon (1 tablespoon) Minced Ginger
1 tablespoon (1 tablespoon) Minced Garlic
1 cup (160 g) onions, chopped
1.5 tablespoons (1.5 tablespoons) Jamaican Curry Powder
1 Scotch Bonnet Pepper, sliced
3 sprigs Fresh Thyme, or 1/2 teaspoon Dried Thyme
1 teaspoon (1 teaspoon) Kosher Salt
1/2 teaspoon (0.5 teaspoon) Ground Allspice
500gms Boneless Skinless Chicken Thighs, cut into 3 pieces each
1 Potatoes, large, cut into 1-inch chunks
1 cup (250 ml) Water

METHOD

Step 1

Heat a large pot or saute pan over medium heat, once hot add the oil.

Step 2:

When the oil is hot, add ginger and garlic, and stir for 20 seconds.

Step 3:

Add chopped onion and mix well, cook until the onions have softened up (about 1-2 minutes).

Step 4:

Add the Jamaican curry powder, the sliced scotch bonnet pepper, thyme, salt and allspice and mix well.

Step 5:

At this point, if you have any browning or sticking that has occurred, use 1/4-1/3 cup of water to deglaze, scraping well, and allowing the water to evaporate.

Step 6:

Add chicken, potato, and 1-2 cups of water, stir well and then simmer on medium heat for about 20-30 minutes covered, checking and adding liquid as required.

Step 7:

Once the potatoes are cooked and the chicken is tender remove from the heat. Check and adjust seasoning.

THE COOKERY

by The Secret Jozi Chef