



Fiery East African Braised Chicken

This fiery African stew will give you succulent chicken to warm up on cool nights.

Ingredients:

4 chicken legs or 8 thighs
2 medium onions chopped
4 TBL olive oil
2 TBL minced ginger
2 TBL minced garlic
2 - 5 tsp Ethiopian Berbere or Durban Curry
2 TBL tomato paste
½ cup white or red wine
3 TBL raisins, chopped
3 TBL pitted dates chopped
2-3 cups chicken stock
Salt to taste

Instructions:

1 - In a medium sauce pan, brown chicken in a bit of canola oil and golden brown. Set aside.
2 - In another pan, sauté onions in the olive oil until onions are translucent (about 10 minutes).
3 - Add garlic and ginger. Sauté for 2 minutes.
4 - add the Ethiopian Berbere or Durban Curry and Sauté for 2 minutes.
5 - Add the tomato paste. Cook 2 minutes.
6 - Add the wine, cook down for 2 minutes.
7 - Add the raisin, dates, stock and salt.
8 - Bring to a boil. Lower heat to a simmer. Cover and simmer the stew for 1.5 - 2 hours or the chicken is very tender.
9 - Adjust seasoning. Enjoy with Golden Fragrant Rice or Monsoon Potatoes.

Spices Used: Ethiopian Berbere Durban Curry

Prep Time: 30 mins

Cook Time: 2-3 hours