

GROUNDNUT STEW — page 1

Kofe Glover

comments

This is a typical West African dish — a very interesting meal — one others won't have experienced before and likely to become a favorite. It can be as spicy as you want.

Serve with rice, or fufu (see accompaniments).

notes

Takes about 3 hours total.

Use a 5-6 qt. heavy bottomed pan

prepare in advance

Ingredients

Cut up into same-sized pieces; pat dry

5-6 lbs. chicken

Chop finely

1 C onions

Chop then puree

5 medium-sized tomatoes

Fine chop

1 tsp. garlic

1/4 tsp. scraped fresh ginger root

Measure

1 T salt

1 T ground ginger

1/2 C peanut oil

1/2 C tomato paste

1/2 tsp. ground hot red pepper

1/2 tsp. white pepper

1 C peanut butter

1 C cold water

Have available

2 whole fresh hot chilies, each about 3 in. long
(handle chilies carefully; don't get near eyes)

Late in process bring to boil

6 C water

complete recipe

Combine 1 T salt and ground ginger and rub over each piece of chicken.

In the heavy pan heat the peanut oil until very hot, but not smoking.

Brown chicken, 3-4 pieces at a time, turning frequently and regulating heat so they color evenly without burning.

As they complete browning, transfer to a plate.

Discard all but 1/4 Cup of oil remaining in the pan and drop in the onions.

Stir frequently, scraping browned particles from bottom of pan, 5 minutes.

Add tomatoes, tomato paste, garlic, ginger root, ground hot red pepper and white pepper.

Raise to high heat; stir until mixture comes to boil.

Reduce heat to low and simmer uncovered for 5 minutes

It takes about 1 hour 20 minutes to get here.

Stirring constantly, pour in with a thin stream, the 6 C of boiling water.

Add fresh hot chilies.

Return chicken and any liquid; turn pieces until evenly coated.

Cook uncovered over low heat 15 minutes.

Beat to a smooth paste then stir in the peanut butter and cold water.

Cook uncovered over low heat 1 hour until chicken is tender.

See page entitled "Groundnut Stew Accompaniments" for ideas to serve with the stew. (please view Groundnut Stew page 2)