



Taste of Trinidad and Tobago: **STEW CHICKEN WITH RICE, RED BEANS, AND PLANTAINS**



 4 servings  1 hour 30 minutes

INGREDIENTS

STEW CHICKEN

- 3 lbs. raw chicken
- 2 green onions chopped
- 2 tsp. fresh minced garlic
- ½ tsp. salt
- ½ cup brown sugar
- ½ cup ketchup
- 1 tsp. garlic salt (or salt to taste)
- ½ onion chopped
- 3 cups of water

RICE

- 1 cup rice
- 2 cups of water

RED BEANS

- 1 can red kidney beans
- ½ tsp. fresh minced garlic
- ¼ tsp. salt
- 1 diced fresh scallion
- Worcestershire sauce (to taste)
- 1 tbs. olive oil
- ¼ cup water

FRIED PLANTAINS

- 1 ripe plantain
- 1 cup of oil (vegetable or canola works best)

DIRECTIONS

STEW CHICKEN

1. Combine chicken with green onions, minced garlic, salt and marinate in fridge for approximately 1 hour or overnight.
2. Pre heat skillet after chicken marinates. When skillet is hot, add sugar and allow it to bubble, froth and darken.
3. Once sugar darkens, add marinated chicken, lower heat and stir.
4. Once chicken turns brown, add water along with ketchup, garlic salt, chopped onion and ketchup.
5. Let simmer for 30 minutes.

RICE

1. Add 1 cup of rice to a pot with 2 cups of water and a pinch of salt.
2. Bring to a boil, then reduce heat to low, cover, and simmer rice for about 18 minutes, or until the water is absorbed, before fluffing with a fork.
3. Let rice cool then serve.

RED BEANS

1. Place all ingredients in a skillet and simmer on low heat for 15 minutes.

FRIED PLANTAINS

1. Cut plantains at an angle about ¼ inch thick.
2. Heat oil in a skillet and add plantain slices to oil once oil is hot.
3. Fry plantain in oil for about 3 minutes on each side or until golden brown.