

# Haitian Chicken Stew

from GregoryGourdet.com

## **Ingredients**

For Marinating the Chicken

- 3 pounds mixed bone-in, skin-on chicken thighs and drumsticks, rinsed and patted dry
- 3 tablespoons kosher salt
- 1 juicy orange, halved
- 1 juicy lime, halved
- 1 juicy lemon, halved
- 2 medium yellow onions, cut into 1/8" half moon slices
- 8 garlic cloves, roughly chopped
- 2 scotch bonnets or habanero chiles, cut in half and sliced thin
- 1/4 cup fresh thyme leaves

For the Dish

- 1/3 cup extra virgin olive oil (see notes for infusing options)
- 1/2 cup tomato paste
- 1 tablespoon kosher salt
- 2 red bell pepper, seeded and deveined, cut into long, thin slices
- 2 yellow peppers, seeded and deveined, cut into long, thin slices
- 2 cups chicken stock, salted homemade or store-bought
- Small handful roughly chopped parsley sprigs

## **Instructions**

Marinate the Chicken

- Put the chicken pieces into a large bowl and season with the salt. Squeeze the citrus halves over the chicken, then spend a minute or so rubbing the cut sides of the citrus against the chicken. Add the onions, garlic, chiles and thyme and toss well, rubbing the chicken as you do.
- Cover and marinate in the fridge for a least 12 hours or up to 48 hours.

For the Dish

- Preheat the oven to 375 F.

- Remove the chicken from the marinade, guiding any stuck-on aromatics back into the bowl. Set a strainer over a small mixing bowl. Pour the marinade through the strainer, reserving the solids and liquid. Pat the chicken very dry with paper towels.
- Heat the oil in a wide heavy, overproof pot (I used 3.5 quart braiser) over medium-high heat just until shimmery. Cook the chicken, skin-side down, occasionally turning the drumsticks but not the thighs, until the skin deep brown about 8 minutes. Transfer the chicken pieces to a plate.
- Reduce the heat to medium -low, add the tomato paste and salt, and cook, stirring often, until it turns several shades darker, about 3 minutes. Add the bell peppers and the reserved solids from the marinade, and cook, stirring occasionally, until the peppers soften slightly and take on a little colour, about 8 to 10 minutes.
- Return the chicken to the pan, skin side up and in a single layer, then take a minutes to pile the peppers, onions and other aromatics on top of the chicken. Then evenly pour in the reserved liquid from the marinade along with the stock. Then evenly pour in the reserved liquid from the marinade along with the stock. Cook in the oven, basting every 15 minutes to coat the chicken with the peppers and sauce, until the sauce has thickened slightly and the meat pulls off the bone with a gentle tug from a fork, about 1 hour. Drizzle with infused olive oil and garnish with parsley and serve.

### **Notes**

Serves 4.

This recipe calls for quite a bit of olive oil but it would be best to reserve your infused olive oil for finishing at time of serving to ensure you preserve the cannabinoids in your infused oil.