



## **JAMAICAN CHICKEN CURRY WITH RICE & PEAS**

### **MISE EN PLACE**

- Soak the kidney beans for the rice overnight.
- Bring your chicken to room temperature one hour before your class.

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### **JAMAICAN CHICKEN CURRY** *(serves 4)*

Recipe by KATHRYN JOEL

*4 whole bone-in chicken legs, or use 8 thighs, skinned*

*Salt and pepper*

*2 tbsp grapeseed, canola oil, or other high smoke point oil, as needed*

*Olive oil, as needed*

*1 large onion, sliced*

*1 inch ginger, peeled and grated*

*4 cloves garlic, grated*

*2 tbsp Jamaican Curry Powder (recipe below)*

*1 scotch bonnet pepper (or substitute a habanero), finely chopped*

*1 can coconut milk, we use Aroy D brand*

*500 ml chicken stock, or vegetable stock, or as needed*

*1 bay leaf*

*3 sprigs thyme, leaves picked*

*3 medium yellow potatoes (Yukon Gold), quartered*

*2 medium carrots, peeled and sliced 1" thick*

*Large handful cilantro, chopped, to finish*

- In a dutch oven, or other heavy pan, heat the grapeseed or canola oil over a medium-high heat.
- Meanwhile season the chicken with salt and pepper.
- Brown the chicken in the oil then remove to a plate and set aside.
- Add the onions to the pan, seasoning with salt. Cook until softened and coloured, a few minutes.

- Add the garlic and ginger, stirring to combine, then add the garlic, ginger, and finely chopped scotch bonnet, stirring to combine.
- Add the curry powder and thyme leaves, cook just until fragrant then add the stock and coconut milk.
- Season then add the browned chicken, and the potatoes and carrots.
- Simmer for 30 to 45 minutes, until the chicken and potatoes are cooked. If the chicken is cooked before the potatoes, remove and set it aside. Turn up the heat and continue to cook at a rolling boil, until the potatoes are cooked and the sauce reduced. Return the chicken to the sauce once the potatoes are cooked and the sauce reduced to your liking.
- Adjust the seasoning, then serve with Rice & Beans, garnished with cilantro.

## **RICE AND PEAS**

*3/4 cup dried red kidney beans, rinsed and soaked in water overnight*

*1 small onion, finely chopped*

*2 cloves garlic, grated*

*1/2 inch piece of ginger, peeled and grated.*

*1 scotch bonnet chili, whole*

*5 allspice berries*

*3 sprig fresh thyme*

*1 whole green onion, root trimmed*

*2 cups long grain white rice*

*3 cups water*

*1 can coconut milk, Aroy D brand recommended*

*Salt and pepper*

- Heat the oil in a medium pot, with a tight fitting lid.
- Gently sauté the onions until softened and translucent.
- Add the garlic, ginger and scotch bonnet and cook briefly, just until fragrant.
- Add the water, coconut milk and drained soaked beans together with the allspice berries and thyme sprigs then bring up to a simmer seasoning with salt and pepper. Simmer, covered, until the beans are tender about 1 hour.
- Add the rice and enough water to cover by 1 inch, as needed.
- Season with salt and pepper.
- Cover and cook at a low heat for 25 minutes, until the rice is cooked. After 10 minutes, give the rice a stir and add more hot water, as needed.
- After 25 minutes, turn off the heat and leave to steam, covered, for 10 minutes.
- Remove the allspice, chili, thyme sprigs and green onion.
- Serve hot.

## **JAMAICAN CURRY POWDER**

*5 parts ground turmeric*

*4 parts coriander seeds*

*3 parts cayenne*

*1 part ground ginger*

*1 part grated nutmeg*

*1 part whole allspice*

*3 parts fenugreek seeds*

*2 parts cumin seeds*

*2 parts whole black pepper*

*2 parts star anise or aniseed*

*2 parts yellow mustard seeds*

*1 part whole cloves*

- Dry roast the whole spices, then allow to cool.
- Combine the spices then grind and place in an air-tight storage container.

## **EQUIPMENT**

Spice Grinder (if making your own curry powder)

Cutting boards and knives

Bowls

Measuring spoons

Dutch oven or other heavy pan

Medium pot with tight fitting lid, for rice

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*Included below are our recipes for vegetable and chicken stock, in case you decide to make your own and need a recipe. We will not be preparing stock during your class.*

## **VEGETABLE STOCK**

*2 carrots, peeled and roughly chopped*

*2 sticks celery, roughly chopped*

*1 leek, roughly chopped*

*1 large onion, roughly chopped*

*1 fennel bulb, roughly chopped*

*handful of parsley stalks*

*sprig of thyme*

*8-10 black peppercorns*

*10 cups cold water*

*3 bay leaves*

- Combine all of the ingredients in a large stockpot and cover with water by at least 2”.
- Bring to the boil, then turn down to a gentle simmer.
- Skim but don't stir.
- Simmer for about 1 1/2 hours, strain and refrigerate.

## **CHICKEN STOCK**

*4 chicken carcasses*

*2 carrot, peeled and roughly chopped*

*2 sticks celery, roughly chopped*

*1 leek, roughly chopped*

*1 large onion, quartered*

*handful of parsley stalks*

*sprig of thyme*

*8-10 black peppercorns*

*1 bay leaf*

- Put all of the ingredients in a large stock pot and cover with water by 2”.
- Bring to the boil, then turn down to a gentle simmer.
- Skim off skum from the top of the stock and don't stir.
- Simmer for 3-4 hours, strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.