

Niger ? Around the World for £4 or Less

So N takes us to Niger ? This is their National Dish

This was a very tasty and different style of meal. I'd not call in a Stew personally, or indeed a Casserole. It was very hearty.

Djerma Stew

Ingredients:-

Chicken legs and wings cut into portions (Thighs, drummers, wings)
1 Onion, sliced
2 Carrots, sliced
2 Garlic cloves, minced
1 tbsp Paprika
4 fresh Tomatoes & a tin of chopped Tomatoes
½ a tube of Tomato Purée
¼ Curry Powder
1 ½ tsp dried Thyme
1 Bay leaf
1 Stock cube
3 tbsp chopped Parsley
2 Chives, sliced
2 ½ tbsp of Peanut Butter
½ cup of Oil
Sat & Pepper

Method:-

(1) Season the Chicken with Salt & Pepper.
(2) Fry the Chicken pieces in oil, browning all sides.
(3) Blend the fresh Tomatoes, Tomato Purée, Onions, Garlic and add to the Chicken. Stir in well to combine.
(4) Add the Paprika, Curry Powder, Bay leaf and Stock Cube.
(5) Bring to the boil, then lower the heat to simmer.
(6) Simmer for about 30 minutes or until the Chicken is tender.
(7) Add 2 cups of water, the sliced Carrots, Parsley and Chives.
(8) Cook for a further 5 minutes or until the Carrots are tender.
(9) Remove a cup of the broth and add Peanut Butter. Return to the pan once mixed well.
(10) Allow to simmer until thickened.
(11) Season to taste.
(12) Remove the Bay leaf.
(13) Serve over steamed rice.