



Trinidad-Style Curry Chicken

Calypso Rose (Trinidad & Tobago)

INGREDIENTS

1 ½ whole chickens
1 clove fresh minced garlic or a jar of pureed garlic
Garlic powder
Salt
Black pepper
Olive oil
Chief's Trinidadian curry powder (or brand of choice)
Fresh thyme
1 can coconut milk
1 bottle of Heineken (or beer of choice)
Lawry's season salt
1 fresh lemon
1 or 2 large onions, chopped
Ranch dressing (optional)
Vinegar
1 to 4 Scotch bonnet, bird and / or habañero peppers, chopped
Bunch of shadow benny or cilantro
Rice

METHOD

Wash chicken well with lemon juice and vinegar. Drain all liquid from chicken. Cut chicken into small pieces and place in a metal bowl. Season chicken with a dash of garlic powder, curry, black pepper, Lawry's season salt (essential), a little regular salt, a few drops of Heineken (or other beer). Mix it all up with your hands. Stab the chicken with a knife to allow the seasoning to penetrate and cover with a dash more beer. No onions yet. Soak in fridge overnight for best results.

In a blender mix the minced or pureed garlic, chopped onions, peppers, shadow benny (or cilantro). Cover the bottom of a heavy metal pot with enough olive oil then heat to a sizzle. Add mixture from blender, a dash more curry. The hot oil will take the heat out of the peppers while retaining the flavour. Add seasoned chicken to frying mixture, a dash more curry, then cover pot. Sizzle chicken until it gets yellow. Don't add water. Let chicken spring its own juice. Stir in 1 can of coconut milk. Let simmer for approximately 25 minutes. Let the chicken cook on a low heat until done. Towards the end of the cooking time add lemon juice and some more beer.

Serve piping hot over a mound of white rice!