

Chicken Stew Recipe

Ingredients:

1 chicken (about 1.5 kg)
2 large purple onions, peeled and cut into quarters
2 carrots, peeled and cut into chunks
3 potatoes, peeled and cut into chunks
300 g frozen peas (optional)
1/3 cup plain (all-purpose) flour
Salt and pepper to taste
1 teaspoon dark soy sauce
2 tablespoons vegetable oil
1 small stick cinnamon
3 cloves

Method:

Wash chicken in several changes of water. Cut into 10-12 pieces. Season flour with salt and pepper and coat chicken pieces with it. Heat 2 tablespoons vegetable oil in hot pan. Brown coated chicken pieces, turning over once. Remove. Brown onions, then the potatoes. Return chicken to the pot. Add water to just cover the chicken and simmer on low fire for 1 1/2 hours with a stick of cinnamon and cloves or until chicken is tender. Add carrots halfway through. If using peas, add in the last few minutes. If stew is too light, add dark soy sauce to darken the color. Taste and adjust seasoning, if required.

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