



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.