
RECIPE BY LINDIGO – SERVES 8 TO 10 PEOPLE

CHICKEN CARRY (CARRY POULET)

Ingredients: 2 Fresh Chickens (Cut Into Small Pieces) • 800 g Tomatoes (Chopped) • 500g Onions • 300g Ginger (Approximately a 4cm Piece) • 3 Sprigs of Thyme • 1 Head of Garlic • 5 Cloves • Coarse Salt • Black Peppercorns • Turmeric (1 Heated tsp) • 5 Green Bird's Eye Chillies (or similar small green chillies) • Vegetable Oil (Sunflower or Canola preferred) • Water as needed

Instructions / Method:

1. Prepare the chicken: Cut the chicken into small, bite-sized pieces. Set aside.
 2. Heat the pot: Place a large pot on medium heat and add a generous amount of vegetable oil. Once the oil is hot, add the chicken pieces and fry until golden brown.
 3. Prepare the spices: In a mortar and pestle (or blender), combine the following: garlic cloves, black peppercorns, coarse salt, ginger, cloves. Grind or blend into a coarse paste.
 4. Add onions to the chicken: Once the chicken is browned, add the 2 finely chopped onions to the pot. Stir and cook until the onions turn golden.
 5. Incorporate the spices: Add the prepared spice paste to the pot. Stir thoroughly to coat the chicken pieces. Cook for a few minutes to allow the spices to release their aromas.
 6. Add turmeric, thyme and tomatoes: Sprinkle the turmeric over the chicken mixture. Stir well to incorporate. Add the chopped tomatoes and mix thoroughly.
 7. Crush chillies: In the mortar or blender, crush the chillies with any remaining spices. Add this mixture to the pot and stir to combine thoroughly with the chicken and spices.
 8. Simmer and cook: Lower the heat to a simmer. If the mixture begins to stick to the pot, add a small amount of water (just enough to loosen the bottom). Cover and cook on low heat for 15-20 minutes, stirring occasionally, until the chicken is tender and the tomatoes have reduced.
 9. Adjust seasoning: Taste and adjust salt or spice levels if necessary.
 10. Serve: Serve hot with steamed white rice to enjoy the authentic flavors of Réunion Island!
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