

RECIPE COMPLIMENTS OF LES DELICES DE AWA, LLC

PEANUT BUTTER STEW

Ingredients (serves 4)

- 1 whole chicken (4 to 5 pounds) skin on, cut into medium pieces
- Black pepper
- Garlic salt
- Salt
- Paprika
- Parsley
- 1 jar organic peanut butter (with the oil on top)
- 2 tablespoons tomato paste
- 2 medium onions
- 3 tomatoes
- 10 garlic cloves
- 1 root of ginger
- 4 chicken bouillon cubes or maggi seasoning (vegetarian option)
- 1 whole habanero pepper (optional)
- Salt and pepper to taste
- 4 cups of jasmine rice (optional, to serve on the side)

For Vegetarians: Omit the chicken and chicken bouillon. In its place, substitute:

- 1/2 Cabbage
- 4 Carrots
- 1 small eggplant

Nut Allergies: Omit the peanut butter using almond butter, cashew butter or sunbutter. Even a mix of tahini with any of these butters would be delicious

Peanut Butter Stew Cooking Instructions:

1. Preheat your oven at 375 F.
2. Cut your chicken into pieces, trim of excess fat and pat dry with a cloth or paper napkin
3. Blend some garlic, parsley and ginger. Add in a bouillon stock or 2, black pepper, paprika and salt.
4. Marinade the chicken with the paste and reserve

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5. Once the oven is ready, put your chicken in a baking pan and place it in.
6. Dice your onions and cut up the tomatoes
7. Grate the ginger and chop the garlic
8. Spoon your peanut butter and place it in a medium size bowl
9. Add in some water and mix until you get a thick consistency
10. Put a heavy pot on the stove on medium heat, with a tiny bit of oil in your pot
11. After 5 min, add in your tomatoes, grate the ginger on top of it.
12. Add your diced onions to the oil and sauté them until caramelized
13. Add in your diluted peanut butter-and-water mixture
14. After 5 min add two spoons of the tomato paste
15. Then the fresh diced tomato
16. Let it cook but also stir it from time to time so it does not burn at the bottom (if you have made caramel before, it is a similar process)
17. When you see the oil come on top, add some water - up to 4 cups of water
18. Season with black pepper, two bouillon stocks and (if using) add in your habanero or scotch bonnet pepper.
19. Let it cook for about 30 min.
20. Check on the chicken - we do not need to cook it fully or make it crispy.
21. Add it to the stew and let it cook for another 30 min or so
22. While we are waiting for the Stew, make your rice according to package directions.
(Typically: Bring some water to boil, wash your rice properly and add to the boiling water, cover it and cook it on medium, then low setting after 5 min.)
23. Back to the stew. Check it for salt, add some if necessary
24. The stew water will reduce over time and you will see some oil appear at the top. This means that your peanut stew is ready for dégustation.
25. Turn off your stove and let the stew stand for about 5 min and serve in a bowl with white rice as a side.

For the vegetarian option:

- Follow all of the above steps except for the ones related to cooking the chicken
- Cut the eggplant into 4 pieces, the cabbage into 2 pieces and the carrots in two pieces each.
- Add them after 30 min of boiling the stew. If you do not want to overcook them, only put in the cabbage and wait another 15 min to put in the carrots and eggplant.

Bon Appétit!

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DÊGUÊ

(DESSERT MADE WITH COUSCOUS AND YOGURT)

Ingredients (serves 4)

- 24 oz of plain yogurt
- 1 medium-size container of sour cream
- 1 can evaporated milk
- 1 tsp vanilla extract
- 1 cup sugar (or can be substituted with agave)
- A handful of dried raisins and cranberry
- 2 cups of couscous
- 3 tbsp of butter

Cooking Instructions:

1. Combine yogurt, sour cream, milk, vanilla extract and sugar in a large bowl
2. Mix it all together with a spatula
3. Reserve in a fridge
4. In a bowl, mix the couscous with the dried fruits
5. Boil some water with butter in it and add it to the couscous or just follow the directions on the package
6. Let it sit
7. After 5 min, mix it well
8. Add it to your bowl of yogurt and serve it in small bowls
9. Enjoy while it's cold

Bon Appétit!

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