

SPOTLIGHT RECIPE

KEDJENOU

SERVES 6



INGREDIENTS

- 6 boneless, skinless chicken thighs
- 2 tablespoons ground paprika
- 1 tablespoon lemon juice
- 2 tablespoons canola oil
- 1 teaspoon salt
- 2 cups onion, diced
- 2 cups eggplant, large dice
- 2 tablespoons garlic, chopped
- 1 tablespoon red pepper flakes
- 1 cup water
- 2 tablespoons chicken base concentrate
- 2 cups canned, diced tomatoes
- 2 tablespoons fresh ginger, grated
- 2 bay leaves
- 8 sprigs fresh thyme
- 1 cup okra, sliced
- 2 tablespoons chopped scallions, for garnish

DIRECTIONS

In a mixing bowl add the chicken thighs, paprika, lemon juice, canola oil and salt. Toss to coat the chicken, cover and marinate for 24 hours in the refrigerator.

Heat a Dutch oven pot over medium heat. Place the chicken in the pot in a single layer and sear to golden brown on both sides. Remove the chicken from the pot and reserve for later use.

Add the onion and eggplant to the pot, cook until lightly caramelized, stirring constantly. Add the garlic and pepper flakes and cook for 2 to 3 minutes.

Add the water and chicken base concentrate. Stir to combine and bring to a simmer.

Add the tomato, ginger, bay leaves, thyme and okra. Let pot come to a simmer, and then add the chicken thighs. Cover the pot, reduce the heat to low and cook for 35 minutes. Remove from the heat, garnish with the scallions and serve immediately.

Sides

Steamed Rice • Wilted Spinach

