

CAFE THOMPSON RECIPE

PINEAPPLE CALYPSO STEW CHICKEN

This dish, inspired by Corporate Chef Sean Roopchand, takes him back home.

The entree combines the savory elements of traditional brown stew chicken with a tropical twist from pineapple, okra, garlic and onions.

SERVES 6



INGREDIENTS

- 2 teaspoons oil
- 2 pounds chicken breast
- 2 teaspoons garlic cloves, chopped
- 1 onion, diced
- 1 cup pumpkin, diced
- 1/4 teaspoon cayenne pepper
- 1 cup okra, sliced
- 1 cup red bell peppers, chopped
- 2 cups pineapple chunks
- 1/4 cup lime juice
- 2 cups spinach, chopped
- 1 bunch scallions, sliced thin
- 3 tablespoons cilantro, chopped

DIRECTIONS

Heat the oil in a pot over medium heat. Pan-sear the chicken, remove it from the pan, and then add the garlic, onion, pumpkin and cayenne pepper for 5 to 7 minutes, stirring constantly. Return the chicken breast to the pan and cook until the chicken is browned and the internal temperature reaches 165 F. Add the okra and bell peppers, pineapple, lime juice and spinach. Cook for 8 to 10 minutes, stirring occasionally. Top with the cilantro and scallions.

Side dishes

Garden Rice
Fried Plantain

