

Thanksgiving on a Budget!



# COOKING

With Chefs Nadine & Jai

*at CNE*

Tegler 12-1 pm

Sept 27th

Caribbean Stewed Chicken and Fried Dumplings

Come try some samples!

## **CARRIBEAN STEWED CHICKEN**

### **INGREDIENTS**

8 chicken thighs (cut to suit)  
½ large, sweet onion,  
thinly sliced  
1 red bell pepper, diced  
3 russett potato (cut to suit)  
3 cups peas & carrots  
6 cloves garlic, minced  
1.5 L chicken stock  
(concentrate)  
2 cups tomato sauce  
Thickener, cornstarch in water  
1 cup oil (any kind)  
2 bay leaves  
2 oz Worchester  
1 tsp oregano  
1 tsp cumin  
1 tsp Caribbean spice  
Salt & Black Pepper to taste

### **METHOD**

Sauté onions, chicken, potato, cumin, salt & pepper in oil.

When slightly brown, add garlic, sauté 2 minutes.

Add peppers, sauté 1 minute.

Add liquids, stock, tomato sauce and bring to boil.

Add remainder of spices, cover. Turn stove to simmer for 45 min.

Add peas and carrots, add thickener remove from heat, let stand 15 min.

Serve with bread or rice.

# **Fried Dumplings**

## **Ingredients**

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 ¼ teaspoon salt
- 1 teaspoon granulated sugar
- ¼ cup butter
- ⅔ cup water
- Oil for frying

## **Method**

1. Add the oil to a medium saucepan over medium heat.
2. To a bowl, add the flour, baking powder, sugar, and salt and whisk to combine.
3. Add the butter to the flour mixture and bring together with a fork or your fingers until the butter and flour create a sandy, crumb-like texture.
4. Add the water to the flour and butter mixture and stir it with a fork or your hand to form a dough. Knead for about 2-4 minutes, trying not to over-mix - it is okay if there is still flour in your bowl or counter.
5. Cover the dough with a wet paper towel and allow to rest for at least 10 minutes, ideally 30 minutes. This step is optional if you are in a time crunch you can fry right away.
6. Tear off golf ball sized amounts of dough and roll them into a ball. Gently flatten them in the center, and carefully place them in the oil a few at a time. Do not over-crowd your pan and cover your remaining dough again while your oil heats up.
7. Cook the dough in the oil until golden brown on each side, flipping when needed (6 - 8 minutes).
8. Place a few paper towels onto a plate. Carefully remove the dumplings from the oil and transfer them to the plate. Serve warm.