

Treasure Barrel

Spicy Nigerian Chicken Stew: West African Flavor

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Medium** Difficulty	**Nigerian** Cuisine

Ingredients

For the Chicken and Seasoning

- [ ] 2 lbs bone-in, skin-on chicken thighs
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 1 teaspoon Nigerian curry powder
- [ ] 1/2 teaspoon dried thyme
- [ ] 2 tablespoons vegetable oil

For the Stew Base (Pepper Mix)

- [ ] 4 large ripe tomatoes, roughly chopped
- [ ] 1 large red bell pepper, seeded and chopped
- [ ] 1-2 Scotch bonnet peppers (to taste), seeded
- [ ] 1 large red onion, roughly chopped
- [ ] 3 cloves garlic

For Cooking the Stew

- [ ] 1/3 cup vegetable oil
- [ ] 3 tablespoons tomato paste
- [ ] 1 teaspoon Nigerian curry powder
- [ ] 1 teaspoon dried thyme
- [ ] Optional: 1 cup diced beef sausage
- [ ] Optional: 1 bay leaf
- [ ] Chicken stock or water, as needed (about 1/2 cup)
- [ ] Salt, to taste

Instructions

1. Pat the chicken thighs dry with paper towels. In a small bowl, mix the salt, black pepper, 1 tsp curry powder, and 1/2 tsp thyme. Rub this seasoning mixture all over the chicken thighs.

2. Heat 2 tablespoons of oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Add the chicken thighs, skin-side down, and sear until golden brown, about 4-5 minutes per side. You may need to do this in batches to avoid crowding the pan. Remove the chicken and set aside.

3. While the chicken sears, combine the chopped tomatoes, red bell pepper, Scotch bonnet pepper(s), red onion, and garlic in a blender. Blend until completely smooth. This is your pepper mix.

4. Pour the blended pepper mix into the now-empty pot (be careful, it may sizzle). Cook over medium heat, stirring occasionally, for about 10-12 minutes. You want to cook off some of the raw vegetable taste and reduce the liquid slightly. Pour this cooked pepper mix back into the blender jar for now.

5. In the same pot, heat the remaining 1/3 cup of oil over medium heat. Add the tomato paste and fry it, stirring constantly, for about 3-4 minutes. You'll see it darken in color and smell fragrant. This is a crucial step for flavor.

6. Carefully pour the cooked pepper mix back into the pot with the fried tomato paste. It will splatter, so be cautious. Stir well to combine. Add the remaining 1 tsp of curry powder, 1 tsp of thyme, and the optional bay leaf. Bring to a simmer.

7. If using beef sausage, add it now. Return the seared chicken thighs to the pot, nestling them into the sauce. Reduce the heat to low, cover the pot partially (leave a small crack), and simmer gently for 25-30 minutes, or until the chicken is cooked through and tender. Stir occasionally and add a splash of chicken stock or water if the sauce becomes too thick.

8. After simmering, taste the stew and adjust seasoning with more salt if needed. The stew should be thick and rich. Remove the bay leaf. Let it stand for 5 minutes off the heat before serving hot over rice.

Nutrition per serving

420 kcal	30 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The stew can be made up to 2 days ahead. Reheat gently before serving.
- For a smoother sauce, you can strain the blended pepper mix through a sieve before cooking to remove any seeds or skins.
- Freeze cooled stew in airtight containers for up to 3 months.