

# African Chicken Stew (Slow Cooker)

- 1 whole chicken
- 1/4 cup extra virgin olive oil
- 3 to 4 cloves garlic, minced
- 1 finger ginger, minced
- 3 to 4 green and/or red jalapenos, minced
- 2 to 3 diced medium sweet-hot peppers
- 1-1/2 teaspoons ground coriander
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 to 3 julienned onions
- 2 to 3 sliced carrots
- 1-1/2 cups green lentils, uncooked
- bunch fresh parsley
- bunch fresh cilantro
- 3 cinnamon sticks

Wash the chicken, and cut the chicken into pieces -- breasts, wings, thighs, drumsticks. Remove the skin and bones.

Heat olive oil until hot.

Cook chicken about 10 minutes each side, until golden.

Remove chicken. Leave some oil in pan, and heat again.

Add garlic, ginger, peppers, coriander, salt and pepper. Cook.

Add onions and carrots. Cook til onions are soft.

Add 6 cups of water, and heat to boiling.

Add lentils.

Bind together with cotton twine a bunch of fresh parsley, a bunch of fresh cilantro, and 3 cinnamon sticks.

Drop bunch of herbs into pot, and submerge.

Lower heat and simmer for about an hour.

Add chicken. Simmer for at least 45 minutes more. Or remove and put in a slow cooker for a while.

Serves: 8

Preparation time: 180 minutes

- Subscriptions (1)

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