

Recipe: Creamy Peanut Chicken Stew

Time: about 1 hour and 30 minutes

2 tablespoons corn, grapeseed or other neutral oil
8 bone-in chicken thighs, trimmed of excess fat
Salt and pepper
1 medium onion, peeled and chopped
1 1-inch piece ginger, peeled and minced
1 tablespoon curry powder or garam masala
¼ teaspoon cayenne pepper, or to taste
1 cup heavy cream
1 cup chicken stock
1 cup boiled and shelled fresh peanuts or ¾ cup peanut butter
Chopped parsley, for garnish.

1. Put oil in deep skillet or casserole and turn heat to medium-high. When oil shimmers, put chicken in skillet, skin side down. Season with salt and pepper and brown well, rotating and turning pieces as necessary; process will take 10 to 15 minutes. Remove meat and drain all but 2 tablespoons of fat.
2. Add onion and ginger and cook, stirring occasionally, until softened and fragrant, about 5 minutes. Stir in curry powder and cayenne pepper and cook, stirring, for about 30 seconds. Add cream and stock and bring to a boil; cook until slightly thickened, 1 or 2 minutes. Stir in peanuts if using.
3. Return chicken to casserole, bring to boil, then lower heat and simmer, turning occasionally, until chicken is cooked through and tender, 20 to 30 minutes. If using peanut butter, whisk it together with about 1 cup of the hot cooking liquid until smooth, then stir back into the simmering pot. Taste and adjust seasonings, garnish and serve.

Yield: 4 servings.

Peanut Stew With Chicken and Tomatoes: Omit curry powder and cream. Once onion is cooked, stir in cayenne and 1½ cups chopped tomatoes (canned are fine). Cook until tomatoes have softened, about 10 minutes, then proceed as above.