



Photo credit: Tanya Harris

Brown Stew Chicken

INGREDIENTS

- 1kg chicken wings (bone-in, skin-on)
- 1 lime or lemon (for cleaning the chicken)
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 Scotch bonnet pepper, chopped
- 2 sprigs fresh thyme
- 1 capsicum, sliced (any colour)
- 1 carrot, sliced
- 2 tomatoes, chopped
- 2 tbsp browning sauce
- 2 tbsp all purpose seasoning
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp pimento
- 1 tbsp brown sugar
- 2 cups chicken broth or water
- 2 tbsp vegetable oil

Served with Steamed Cabbage

- 1 medium head of cabbage, shredded
- 1 large carrot, julienned
- 1 bell pepper (red or yellow), sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1-2 tablespoons vegetable oil
- 1 teaspoon thyme leaves
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 cup chicken broth or water

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METHOD

1. Prepare the chicken by cleaning the chicken pieces with lime or lemon and rinse with water. Pat dry with paper towels.
2. Season the chicken with salt, pepper, thyme, pimenton and all purpose seasoning and let it marinate for at least 30 minutes, preferably overnight in the refrigerator.
3. Brown the Chicken by heating the vegetable oil in a large skillet or dutch pot over on medium-high heat.
4. Add the chicken pieces and brown on all sides until golden. Remove the chicken from the skillet and set aside.
5. In the same skillet, add the onions, garlic, and Scotch bonnet pepper. Sauté until the onions are translucent.
6. Add the browning sauce, tomatoes, bell pepper, carrot, thyme, and brown sugar. Stir to combine.
7. Return the browned chicken to the skillet and stir to coat with the sauce.
8. Pour in the chicken broth or water, ensuring the chicken is partially submerged. Bring to a boil, then reduce the heat to low and simmer for 45 minutes to 1 hour, until the chicken is tender and the sauce has thickened. Serve

Steamed Cabbage

1. In a large pot, heat the vegetable oil over medium heat. Add the onions and garlic and sauté until fragrant and the onions are translucent.
2. Add the shredded cabbage, carrot, and bell pepper to the pot. Stir to combine.
3. Sprinkle in the thyme, black pepper and salt. Stir to mix the seasonings evenly.
4. Pour in the chicken broth or water and cover the pot. Reduce the heat to low and steam the vegetables for about 10-15 minutes, until the cabbage is tender but still slightly crisp.
5. Plate the brown stew chicken and serve with a side of steamed cabbage. Enjoy.



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Jerk Mushrooms

INGREDIENTS

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon ground pimento
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1 tablespoon brown sugar
- 2 spring onions, chopped
- 1 Scotch bonnet pepper, minced

Mushrooms

- 500g portobello mushrooms, sliced
- 1 tablespoon olive oil

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Jerk Mushrooms

METHOD

1. In a bowl, mix together all the ingredients for the jerk marinade until well combined.
2. Place the sliced mushrooms in a large resealable plastic bag or a shallow dish.
3. Pour the jerk marinade over the mushrooms, ensuring they are well coated.
4. Seal the bag or cover the dish and refrigerate for at least 1 hour, or overnight for best results.
5. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
6. Add the marinated mushrooms to the skillet and cook for 5-7 minutes, stirring occasionally, until the mushrooms are tender and have absorbed most of the marinade.
7. Transfer the cooked mushrooms to a serving platter.

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