

Delicious Country Captain: A One-Pot Southern Delight

To make a delicious pot of Country Captain, you will need the following ingredients:



TIME
5-7 min

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INGREDIENTS

2 pounds chicken thighs or drumsticks, skin-on and bone-in

1/4 cup all-purpose flour

1/4 cup vegetable oil

1 large onion, chopped

2 cloves garlic, minced

1 bell pepper, chopped (any color)

2 cups diced tomatoes (canned or fresh)

1 cup chicken broth

2 tablespoons curry powder

1 teaspoon paprika

1/2 teaspoon cayenne pepper (adjust to taste)

1 teaspoon salt

1/2 teaspoon black pepper

1 cup raisins

1/4 cup slivered almonds (optional, for garnish)

Cooked rice, for serving

Fresh parsley, chopped (for garnish)

Instructions:

Prepare the Chicken: Pat the chicken pieces dry with paper towels and season with salt and pepper. Dredge the chicken in flour, shaking off any excess.

Brown the Chicken: In a large pot or Dutch oven, heat the vegetable oil over medium-high heat. Add the chicken pieces, skin-side down, and brown on all sides, about 5-7 minutes per side. Remove the

chicken from the pot and set aside.

SautØ the Vegetables: In the same pot, add the chopped onion, bell pepper, and garlic. SautØ until the vegetables are softened, about 5 minutes.

Add Spices and Tomatoes: Stir in the curry powder, paprika, and cayenne pepper, cooking for an additional minute until fragrant. Add the diced tomatoes and chicken broth, stirring to combine.

Return Chicken to the Pot: Place the browned chicken back into the pot, nestling it into the sauce. Bring the mixture to a simmer, then cover and reduce the heat to low. Cook for about 30-40 minutes, or until the chicken is cooked through and tender.

Add Raisins: In the last 10 minutes of cooking, stir in the raisins, allowing them to plump up in the sauce.

Serve: Once the chicken is cooked, serve the Country Captain over a bed of cooked rice. Garnish with slivered almonds and fresh parsley if desired.

Nutritional Information (per serving, based on 6 servings):

Calories: 350

Total Fat: 18g

Saturated Fat: 4g

Cholesterol: 120mg

Sodium: 600mg

Total Carbohydrates: 30g

Dietary Fiber: 2g

Sugars: 5g

Protein: 25g

DIRECTIONS

1. Follow these simple steps to create your own flavorful Country Captain:
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18. Helpful Cooking Tips: Chicken Options: You can use boneless, skinless chicken breasts or thighs if you prefer a leaner option, but the skin-on, bone-in pieces add more flavor and moisture.
19. Adjusting : Spice Levels: Feel free to adjust the amount of cayenne pepper based on your heat preference. You can also add more curry powder for a stronger flavor.
20. Make : Ahead: Country Captain can be made ahead of time and reheated, making it a great option for meal prep or entertaining.
21. Conclusion: Country Captain is a delicious and hearty dish that showcases the rich flavors of Southern cooking. Its unique combination of spices and ingredients makes it a comforting meal that is sure to please everyone at the table. We hope you enjoy making and sharing this delightful dish with your family and friends! How did your Country Captain turn out? Let us know, and don't forget to follow us for more delightful recipes!

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Original recipe: <https://chefmaniac.com/delicious-country-captain-a-one-pot-southern-delight/>