

Authentic Jamaican Brown Stew Chicken - Bold, Spicy & Packed with Flavor

A Hearty, Island-Style Chicken Stew Bursting with Flavor



TIME
7 min

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INGREDIENTS

- 2⁰⁰ lbs chicken (drumsticks, thighs, or a mix)
- 1 lime or lemon, for washing the chicken
- 2 tsp salt
- 1 tsp black pepper
- ¹/₂ tsp paprika
- ¹/₂ tsp all-purpose seasoning
- 1 tbsp soy sauce
- 2 tbsp vegetable oil
- 1 medium onion, sliced
- 1 bell pepper, sliced
- 3 cloves garlic, minced
- 2 medium carrots, sliced
- 3 scallions, chopped
- 1 sprig thyme
- 1 Scotch bonnet pepper, whole or sliced (optional)
- 1 tbsp ketchup
- 1 tsp browning sauce
- 1 cup chicken stock or water

Instructions:

1. Prepare the Chicken:
2. Brown the Chicken:
3. SautØ the Veggies:
4. Build the Flavor:
5. Simmer the Stew:
6. Final Touch:

Tips for Success:

Marinate overnight for the most flavor-it's worth it.

Don't skip the browning step-it adds depth and color to the stew.

Scotch bonnet adds authentic heat, but you can leave it whole for a milder dish.

You can add potatoes or green beans for a heartier stew.

Serving Suggestions & Pairings:

Steamed white rice or coconut rice

Fried dumplings or festival bread

A refreshing drink like Blueberry Lemonade

Pair with comfort dishes like Easy Turkey Wings

DIRECTIONS

1. ? 1. Prepare the Chicken: Wash chicken with lime or lemon and water, then pat dry.
2. Season with salt, pepper, paprika, all-purpose seasoning, and soy sauce. Let it marinate for at least 1 hour (overnight is best).
3. ? 2. Brown the Chicken: Heat vegetable oil in a large skillet over medium heat. Brown the chicken pieces on all sides until golden. Remove and set aside.
4. ? 3. Sauté the Veggies: In the same pan, sauté onion, bell pepper, garlic, scallions, and carrots until softened, about 5-7 minutes.
5. ? 4. Build the Flavor: Add thyme, Scotch bonnet, ketchup, and browning sauce. Stir well and pour in the chicken stock. Bring to a simmer.
6. ? 5. Simmer the Stew: Return the browned chicken to the skillet, making sure it's well-coated in sauce. Cover and simmer for 30-35 minutes, or until chicken is tender and fully cooked.
7. ? 6. Final Touch: Taste and adjust seasoning as needed. Serve hot.
8. Tips for Success: Marinate overnight for the most flavor-it's worth it.
9. Don't skip the browning step-it adds depth and color to the stew.
10. Scotch bonnet adds authentic heat, but you can leave it whole for a milder dish.
11. You can add potatoes or green beans for a heartier stew.
12. Serving Suggestions & Pairings: Brown Stew Chicken is perfect with:

13. Steamed white rice or coconut rice
14. Fried dumplings or festival bread
15. A refreshing drink like : Blueberry Lemonade
16. Pair with comfort dishes like : Easy Turkey Wings
17. For more hearty flavor, try it alongside : Tomato Skillet with Okra and Sausage
18. Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
19. Freezer: Freeze in portions for up to 2 months.
20. Reheat: Warm gently on the stove, adding a splash of water or stock if needed.
21. More Recipes You'll Love: Easy Turkey Wings
22. Tomato : Skillet with Okra and Sausage
23. Sheet : Pan Quesadillas
24. Final Thoughts: This Jamaican Brown Stew Chicken brings you right into a Caribbean kitchen with every bite. It's savory, a little spicy, full of deep flavor, and incredibly satisfying. Whether you're new to Jamaican cuisine or craving a comforting favorite, this recipe is a must-make.
25. If you give it a try, tag @ChefManiac and show off your stew! And don't forget to follow for more island-style favorites, homestyle classics, and global flavor bombs.

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