

Bahamian Steam Chicken

In The Bahamas when we use the word steam in front of a meat or fish item please be advised that this has a whole different look, and preparation that it sounds like, but it is truly delicious.

Ingredients:

3 lbs Chicken cut into serving size
½ cup cooking oil
1 med. Onion (sliced)
1 small tomato (diced)
1 clove garlic
1 small green pepper
1 teaspoon thyme
1 tablespoon tomato paste
salt and black pepper
½ cup lemon juice
1 cup water

Preparation:

Wash and clean chicken with lemon juice or vinegar. Place cleaned chicken in a bowl and squeeze lemon juice over chicken. Sprinkle with salt and black pepper and let marinade for 30 minutes to 1 hour. Heat cooking oil in a frying pan at medium heat (oil should be at least ½ inch in depth. Fry chicken to a golden brown on both sides. Once all chicken have been fried, remove pan from heat pour off oil into a heat resistant container. Return pan to stove and pour 2 tablespoons of the oil back into the pan. Add onions, garlic, thyme and green pepper to frying pan. Sautee until tender then add tomatoes and tomato paste; cook until dissolved. Add water stirring to blend herbs. Place fried chicken into pan, salt and pepper to taste. Reduce heat and simmer with cover on for 15 minutes.

Serving Suggestions:

This chicken dish can be served over a plate of fluffy white rice, peas 'n rice, grits 'n rice along with plantain, coleslaw, potato salad, macaroni and cheese, avocado green salad or and vegetable combination. A nice tall glass of switcher (lemonade) or fruit juice to wash it down and slice of guava duff, coconut tart or rum cake will seal the deal. This is perfect for lunch or dinner.