

CHICKEN PELAU RECIPE

In addition to cotton, cocoa, indigo and sugar cane, coconuts were grown on a plantation in Trinidad and Tobago. The coconuts of these islands are large, green and smooth versus small and brown with a woody, rough texture. Coconut is used in a wide variety of traditional Caribbean drinks and dishes. In Trinidad, you can even find street vendors who sell freshly cut coconuts.

One of Trinidad's best known dishes with coconut is Chicken Pelau....presented in a traditional open-ended cooking style so you can match to your own personal taste!

Mix chicken with salt, pepper, garlic, onions, hot pepper, chives, cilantro, ketchup and soy sauce.

Let marinate for several hours.

Heat pot, add 1 tbsp of oil and sugar and let caramelize.

Add chicken and stir evenly. Cover and let cook.

Add water periodically to prevent sticking.

When chicken is cooked, stir in sweet peppers and peas.

Stir in rice until liquid is absorbed.

Add coconut milk and water, cover and cook.

When rice is cooked, but there is still some liquid, add a spoonful of butter, stir and cook until liquid is gone.

Pelau should be a little sticky.

Enjoy!