

SAINT-LUCY

CHICKEN AND JAMS COLOMBO

Ingredients (for 4 persons)

- 1 chicken
- 2 zucchinis
- 1 citron jaune
- Oil
- 4 bay leaves
- 1 tablespoon Colombo powder
- 2 cloves of pink garlic
- 1 tablespoon cumin seeds
- 10 pepper grains
- 2 tablespoons vinegar
- 4 jams
- 4 cm fresh ginger
- 1 green chilli
- 4 cloves
- 2 sprigs of thyme
- 2 spring onions
- 1 small bunch of parsley
- 1 onion
- Salt and pepper
- 1 tablespoon of mustard seeds

Preparation:

A day earlier, cut the chicken into pieces. Mix the Colombo pepper, the chilli, the garlic, the spring onions, the ginger, the cloves, the vinegar, the parsley and the bay leaf. Season with salt and pepper.

Baste the meat with this mixture and leave to rest for one night in the fridge.

The next day, peel and finely chop the garlic, the onion and the spring onions.

In a casserole, dry fry the cumin, the mustard and the pepper seeds. Add the oil, the spring onions, the onion, the garlic, the sprig of thyme and the bay leaf.

Add the pieces of chicken and sear them whilst stirring a few times.

During that time, peel the jams and the zucchinis; dice and add whilst stirring.

Season with salt and pepper.

Cover with water and cook covered for 40 min. at medium heat.

