

Pelau (Trinidad)

Recipe by Paulette Daley.

Cook time: 1 1/2 hours
Serves 6-8

Ingredients

1/2 whole chicken, cut up
2 bundles escallion, chopped
3 cloves garlic, chopped
1 onion, chopped
1 dash oregano
1 dash parsley
1 dash paprika
1 tsp salt
4 tbsp Green Seasoning (see standalone recipe)
8 sprigs thyme
1 Scotch bonnet pepper, chopped

1 stalk celery, chopped
4 stalks cilantro, chopped
1 lime
1 tbsp sugar
1 can pigeon peas
2 tbsp oil
2 1/2 cups rice
1 can coconut milk
1/2 cup pumpkin, chopped
3 tbsp tomato paste
2 tbsp butter
Water

Steps

1. Wash the escallions, Scotch bonnet pepper, and celery.
2. Wash chicken with lime. Season with the escallions, garlic, onion, salt, Scotch bonnet pepper, celery, and green seasoning. Marinate overnight.
3. Add 1 tbsp oil to Dutch oven. Add sugar and caramelize. Add the chicken. Allow to coat evenly with the sugar and let it cook in its own juices for about 3 minutes.
4. Add about 1/2 cup water and the remaining oil. Simmer for about 4 minutes.
5. Add the pigeon peas and pumpkin.
6. Add 1/2 cup of water. Allow to simmer for about 4 minutes.
7. Add coconut milk. Stir the pot to mix the ingredients. Allow to simmer for 15 minutes. Add the rice.* Stir pot to mix the ingredients.
8. Add the butter and tomato paste. Allow to simmer until the rice is cooked. Occasionally stir the pot. When the rice is cooked, lower the flame very low and allow the excess water to evaporate.
9. Serve hot.

*Remove extra liquid. Liquid should be about an inch above rice at first. After it is cooked, if the rice is not tender, reduce heat and cover with a piece of foil. This usually finishes the cooking satisfactorily.

