

Poulet Creole Ak Diri Kole (Creole Chicken with Red Beans & Rice)

Recipe by Chef Jouvens Jean.

Preparation time: 45 minutes

Cook time: 1 hour

Serves 4

Ingredients for the Chicken

1.5 pounds whole organic chicken (cut into 8 pieces)
2 ounces of vegetable oil
2 tablespoons of tomato paste
1/4 cup of julienned green bell pepper
1/4 cup of julienned red bell pepper
1/4 cup of julienned yellow bell pepper
1 tablespoon of chopped celery
1/4 cup of sliced red onion
1 teaspoon of smoked paprika

1 sour orange (cut in half)
1 ounce of distilled white vinegar
1 tablespoon of iodized salt
1 lime (juiced)
1 whole Scotch bonnet pepper
2 quarts of water
2 tablespoons of Epis
2 tablespoons of Epis Creole Seasoning
Thyme

Steps

1. Place the chicken pieces in a medium bowl. Squeeze the sour orange juice on the chicken and thoroughly rub using the sour orange juice and peels. Add the vinegar and salt and allow chicken to rest for 15 minutes in the refrigerator.
2. Place 1 quart of water to boil. Use the boiling water to blanch the chicken and discard water after the chicken has been blanched.
3. In a medium sauté pan over medium-high heat, add 1 ounce of oil and sear the chicken on all sides until caramel brown. Once the chicken has been seared, add the remaining quart of water to the pan and parcook the chicken for about 5 minutes. Remove the parcooked chicken with the liquid from the heat and set aside.
4. In a medium saucepan over medium heat, add the remaining oil. Once the oil is hot add the bell peppers, celery, onion, thyme, Epis, tomato paste, and Scotch bonnet pepper. Stir the mixture for about 5 minutes. Be careful not to crush the whole Scotch bonnet pepper while stirring.
5. Once the mixture is cooked, add the parcooked chicken to the saucepan and bring the liquid to a simmer for about 20 minutes until the chicken is fully cooked (165°F). Season the liquid with Epis Creole Seasoning and smoked paprika and allow the liquid to reduce to a sauce consistency.
6. Remove the whole Scotch bonnet pepper, add lime juice to taste, and serve your creole chicken with the red beans & rice.



Ingredients for Diri Kole (Red Beans & Rice)

2 cups of jasmine rice
1/2 cup of pan-fried pinto beans (see recipe)
2 cups of bean broth (see recipe)
1 tablespoon of sea salt
1 tablespoon of Epis Creole Seasoning
1 small bouquet garni of thyme and parsley

1/2 cup of small-diced white onion
1 tablespoon of vegetable oil
1 tablespoon of Epis
1 whole Scotch bonnet pepper
2 cups of coconut milk

Steps

1. In a heavy-bottom sauce pot over medium-high heat add the oil, onions, salt, and cooked beans.
2. Stir mixture for about 5 minutes, then add the coconut milk and bean broth and bring to a boil.
3. Add the rice, Scotch bonnet peppers, and bouquet garni to the liquid.
4. When liquid has evaporated, turn off heat and cover the pot tightly to allow residual heat to continue cooking the rice for up to 10 minutes.
5. Then remove the cover, fluff the rice, and serve.

Ingredients for the Epis

2 tablespoons of chopped thyme
4 whole cloves of garlic
1 tablespoon of chopped green onion
1/2 bunch of parsley
2 ounces of vegetable oil
1 whole Scotch bonnet pepper
1 ounce of bitter orange juice
1 ounce of distilled vinegar
1 teaspoon of sea salt

Steps

1. Place all ingredients in a food processor and blend together to a pesto consistency.

Ingredients for Cooked Pinto Beans

1/2 cup of dried pinto beans
8 cups of water
1 tablespoon of sea salt
1 tablespoon of ground cloves

Steps

1. In a medium bowl add the raw beans and 3 cups of water and allow beans to soak for up to 24 hours. After beans have soaked, drain the water and set the beans aside.
2. In a medium stockpot over high heat add the remaining water and cloves and bring to a boil. Once water is boiling add the beans and reduce heat to low and simmer the beans for about 30 minutes.
3. After the 30 minutes, remove a bean from the pot and squeeze it between your index finger and thumb to check the tenderness.
4. Cook the beans until they are tender and the shape of the beans remains intact. Do not overcook.
5. Once cooked, strain the beans and set 2 cups of the bean broth aside for the rice.



Ingredients for Pan-Fried Pinto Beans

1/2 cup of cooked pinto beans
1 tablespoon of Epis
1 tablespoon of tomato paste

1 ounce of vegetable oil
1 tablespoon of Epis Creole Seasoning
1/2 teaspoon of sea salt

Steps

1. In a heavy-bottom saucepan over medium heat add the oil, Epis, tomato paste, Epis Creole Seasoning, salt, and beans.
2. Sauté the beans for 10 minutes or until they are a bit crisp on the outside. The beans are then utilized to cook the rice.

