

Anguilla Style Brown Stew Chicken

Serves 4 · ~45 minutes (hands on ~20)



Photo: courtesy of Lambros

Ingredients (Sweden friendly)

- 1 kg chicken thighs, bone-in or boneless, cut into large chunks
- 1 lime (juice) + extra wedges to serve
- 2 tbsp soy sauce (or 1 tbsp soy + 1 tsp Worcestershire)
- 1 tbsp brown sugar (for browning/caramelizing)
- 2 tbsp rapeseed oil
- 1 large onion, sliced
- 3 garlic cloves, minced
- 1 bell pepper, sliced
- 2 spring onions, sliced
- 1 tomato, chopped (or 150 ml crushed tomato)
- 2 tsp fresh thyme leaves (or 1 tsp dried)
- 1 tsp allspice (pimento) — optional but classic Caribbean
- 1 small Scotch bonnet or 1 red chilli, whole (pierced) or minced to taste
- 300 ml water or chicken stock
- Salt & black pepper

Steps

- 1 **Season.** Toss chicken with lime juice, soy, thyme, allspice, salt & pepper. Marinate 10–20 min while you prep veg.
- 2 **Brown sugar ‘browning’.** Heat oil in a wide pot; add brown sugar and melt/stir until it foams and turns deep amber. Add chicken pieces and sear 2–3 min/side to coat in the caramel.
- 3 **Build the stew.** Add onion, garlic, bell pepper, spring onion, tomato and the whole pierced chilli. Stir 1–2 min.
- 4 **Simmer.** Pour in water/stock, bring to a simmer, cover and cook 20–25 min until chicken is tender and sauce glossy. Remove the whole chilli if used; adjust lime/salt.
- 5 **Serve.** Spoon over peas & rice (quick method below) with extra lime.

Quick Peas & Rice (Anguillian style side, ~20 min)

- 1 tbsp oil · 1/2 onion (chopped) · 1 garlic clove (minced)
- 1 tsp thyme · 1/2 tsp allspice · pinch chilli flakes
- 150 g basmati or long grain rice
- 1 × 400 g can kidney beans or pigeon peas, drained & rinsed
- 300 ml water + 100 ml coconut milk (or just 400 ml water)
- Salt & pepper
- **Method:** Sauté onion/garlic in oil 2 min. Add spices, rice and beans; stir 1 min. Pour in liquids, season, cover and simmer 12–14 min until rice is tender; rest 5 min, fluff.

Notes & swaps

Using brown sugar for ‘browning’ is a classic island shortcut if you don’t have bottled browning. Bone-in thighs add flavour, but boneless is weeknight-friendly. Scotch bonnet brings Anguilla heat; keep it whole for fragrance without too much fire.