

JAMAICAN CHICKEN CURRY

with Rompin' Rasta Sauce

Prep: 15 mins (+ 30m marinate) **Cook:** 25 mins **Servings:** 4 - 6 **Heat:** Medium-Hot



INGREDIENTS

CHICKEN & MARINADE

- 800g boneless chicken thighs, cut into bite-sized chunks
- 2 tbsp Jamaican curry powder, divided (1 tbsp for marinade, 1 tbsp for blooming)
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, finely grated
- 3 spring onions (scallions), finely sliced
- 4 sprigs fresh thyme
- 1 tsp sea salt & 1 tsp freshly cracked black pepper

CURRY BASE & VEGETABLES

- 2 tbsp neutral cooking oil (vegetable, canola, or peanut)
- 1 medium yellow onion, diced
- 2 Yukon Gold potatoes, peeled & cut into bite-sized cubes
- 1 medium carrot, peeled & sliced into rounds
- 1 whole Scotch bonnet pepper (pierced once to release flavor without extreme heat)
- 1 cup (240ml) Rompin' Rasta Sauce (Caribbean mango coconut curry)
- ¾ cup chicken stock (low-sodium)
- Juice of ½ fresh lime

INSTRUCTIONS

- MARINATE:** In a large bowl, combine the chicken thighs with 1 tablespoon of Jamaican curry powder, minced garlic, grated ginger, sliced spring onions, thyme sprigs, salt, and black pepper. Toss well until evenly coated. Cover and refrigerate for at least 30 minutes (or overnight for optimal flavor).
- BLOOM THE CURRY:** Heat the cooking oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the remaining 1 tablespoon of curry powder to the oil. Stir continuously for 45 to 60 seconds until fragrant and lightly bubbling—this blooms the spices and eliminates any raw taste.
- SEAR CHICKEN:** Add the marinated chicken pieces and all the marinade aromatics (scallions, thyme, garlic, ginger) into the pot. Sear over medium-high heat for 5-7 minutes, turning occasionally, until lightly browned on all sides.
- COMBINE:** Add the diced yellow onion, carrots, diced potatoes, pierced Scotch bonnet pepper, Rompin' Rasta Sauce, and chicken stock into the pot. Stir thoroughly, scraping up any caramelized bits (fond) from the base.
- SIMMER:** Bring the liquid to a gentle boil, then reduce heat to medium-low. Cover tightly with a lid and simmer for 15-20 minutes, or until the potatoes and carrots are fork-tender and the chicken is thoroughly cooked.
- FINISH & SERVE:** Uncover and let simmer for 2-3 minutes if you prefer a thicker sauce. Carefully remove and discard the whole Scotch bonnet and bare thyme stems. Stir in the fresh lime juice, adjust salt to taste, and serve hot over rice and peas or steamed jasmine rice.

HOMEMADE JAMAICAN CURRY POWDER

Recipe adapted from Chili Pepper Madness

SPICE BLEND INGREDIENTS:

- 2 ½ tbsp ground coriander | 2 tbsp ground mustard
- 2 tbsp ground turmeric | 1 tbsp ground allspice
- 1 tbsp ground fenugreek | 2 ½ tsp ground cumin
- 2 tsp ground ginger | 1 ½ tsp ground black pepper
- ½ to 1 tsp Scotch bonnet powder (or cayenne)

INSTRUCTIONS:

Toasting (optional): For maximum aromatics, lightly toast whole seeds in a dry pan over medium-low heat for 2-3 minutes until fragrant, then grind finely in a spice mill.

Mixing & Storage: Whisk all ground spices in a small bowl until uniform. Store in an airtight spice container in a cool, dark pantry for up to 6 months.