

DWIGHT FREENEY'S BROWN STEW CHICKEN



#93 DEFENSIVE END
6'1", 268 POUNDS
SYRACUSE UNIVERSITY, b. 2-19-80

PREP TIME
00:45+
MARINATE 1 HOUR

CHEF: Dwight Freeney

SERVES 4

2½ pounds bone-in chicken pieces
(see Note)

Salt

½ teaspoon black pepper

¼ teaspoon dried thyme

1 teaspoon all-purpose adobo
seasoning

1 teaspoon plus 2 tablespoons
brown gravy mix

1 large onion, diced

2 garlic cloves, chopped

½ green bell pepper, diced

½ red bell pepper, diced

1 tomato, diced

1 scallion, chopped

Vegetable oil for frying

Dwight says, "My family is from Jamaica—I've got to thank my mom for this recipe. I usually cook this stew for my boys, and serve it with rice and beans."

Put the chicken in a large bowl and sprinkle with ½ teaspoon salt, the pepper, thyme, adobo seasoning, and 1 teaspoon gravy mix. Add onion, garlic, peppers, tomato, and scallion and toss to combine. Cover and marinate in the refrigerator for 1 to 2 hours.

Remove the chicken from the marinade and brush off the vegetables; reserve the vegetables.

In a deep, heavy pot, heat 2 to 3 inches of oil to 375°F. Working in batches to avoid crowding the pot, fry the chicken until golden brown, about 2 minutes; let the oil come back up to temperature between batches. Remove the chicken to a deep skillet large enough to hold the pieces snugly in one layer.

Add the reserved vegetables and 1½ cups water and bring to a boil over high heat. Lower the heat and simmer for about 30 minutes, or

until the chicken is cooked through and tender. Using tongs, remove the chicken to a serving dish. In a small bowl or measuring cup, stir together the remaining 2 tablespoons gravy mix and 1 cup cold water. Whisking constantly, gradually add the mixture to the sauce and vegetables in the skillet and simmer for 5 minutes longer, until thickened. Season with salt to taste and pour the sauce over the chicken. Serve immediately.

