



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Trinidad Chicken Roti (SERVES 5)

Chicken Marinade

- 2 ½ -3 lbs chicken thighs, skinned, cut to bite-size pieces
- ½ tsp white pepper
- 1 tsp minced garlic
- ½ tsp dried thyme
- ½ tsp salt
- ½ tsp curry powder
- ½ tsp chicken bouillon powder

Chicken Roti

- ½ c. canola oil
- 1 large onion diced
- 2 tsp minced garlic
- 1 ½ tsp fresh/dried thyme
- 1 tsp cumin spice
- 1 ½ tsp smoked paprika
- 1 tsp ground allspice
- 2-3 Tbsp curry powder
- 1 tsp ground nutmeg spice
- 1 can of chickpeas drained
- 1- tablespoon bouillon chicken powder
- 2 c. cubed potatoes
- ½ - 1 tsp cayenne pepper optional
- 1 tsp white pepper
- 3-4 c. chicken broth/water
- Salt to taste

Directions

1. Place chicken in a large bowl or sauce pan.
2. Add salt, garlic, thyme, white pepper and curry powder.
3. Mix chicken and seasonings mix with a spoon or by hand, until chicken is well coated.
4. Set aside in the fridge and marinate for 30 minutes or overnight.
5. When ready to cook, heat up large saucepan with oil. Add onions, garlic, thyme, cumin spice, allspice, smoked paprika, nutmeg and curry powder, stirring occasionally, about 2-3 minutes, until onions are translucent.
6. Add chicken. Stir and sauté for about 2 - 3 more minutes. Add chicken stock.
7. Add chickpeas, chicken bouillon, potatoes, cayenne, white pepper, and chicken broth.
8. Bring to a boil and let it simmer until sauce thickens, about 20-30 minutes.
9. Adjust for salt, pepper and thickness with more broth. Serve.

Enjoy!

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