

CHICKEN, SHRIMP, PEANUT & CASHEW STEW

F HARD

Last Modified: 02/15/2016

PREP: 1 Hr

COOK: 8 Hrs

STOVETOP & SLOW COOKER

BRAZILIAN

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pound	Frying Chicken	Cut-Up
3	Cloves	Garlic	Coarse Chop
3	Tbsp	Lime Juice	
1/2	Pound	Large Shrimp (31 / 35 Count)	Raw
4	Tbsp	Dende Oil (Unprocessed)	Divided
		(Do NOT Substitute For)	
1/2	Cup	Peanuts (Unsalted)	Roasted
1/2	Cup	Cashews (Unsalted)	Roasted
4	Tbsp	Extra Virgin Olive Oil (EVOO)	Divided
1	Cup	Yellow Onion	Fine Dice
1/2	Cup	Green Onions (Greens & Whites)	Chopped
1 1/2	Cups	Plum Tomatoes (Peeled & Seeded)	Diced
1	Tbsp	Tomato Paste (Contadina)	
1 1/2	Cups	Unsweetened Coconut Milk (Thai Kitchen)	
1 1/2	Cups	Chicken Stock (Swanson)	
1/4	Tsp	Ground Turmeric	
1/8	Tsp	Sweet Hungarian Paprika	
1/2	Cup	Fresh Coriander Leaves (Cilantro)	Chopped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	I had this delicious hearty dish for lunch several times in the Bank Cafeteria while in Rio de Janeiro. A local Field Engineers wife worked in the cafeteria kitchen and he obtained the actual recipe from her for me.
FACTOID	This serves 6 as a Dinner and 8+ as a lunch.
FACTOID	Dende Oil (Palm Oil) comes from the fruit of the African Oil Palm, native to West Africa. Intensely Orange in color, it is an essential element in Brazilian cooking.
TOOLS	1) Crock Pot & Lid 2) Blender OR Food Processor 3) Medium Mixing Bowl 4) 2 - Small Mixing Bowls 5) Large Non-Stick Skillet 6) Medium Non-Stick Skillet
PREP	DISH 1) Finely dice the Yellow Onions and set them aside. 2) Chop the Green Onions and add them on top of the Onions. 3) Peel, seed and dice the Plum Tomatoes and set them aside. 4) Chop the Coriander Leaves and set them aside.

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1	30 Minutes Before: Place the Chicken Pieces in a medium mixing bowl and add in the Garlic and Lime Juice. Massage the Chicken Pieces, making sure that the marinade is well distributed. Cover the bowl with plastic wrap and allow the Chicken to marinate at room temperature for 15 to 30 minutes while you prepare the other ingredients.
2	15 Minutes Before: In small mixing bowl, place the Shrimp and 2 tablespoons of the Dende Oil. Cover the bowl with plastic wrap and let it marinate for 15 minutes at room temperature. (If you are making the dish ahead of time, reserve the Shrimp and Marinade).
3	Meanwhile, in a blender, pulse the Cashews and Peanuts until they are finely ground, being careful that they do not release their Oils and become a paste like Peanut Butter. Transfer the Nuts to a small mixing bowl and set it aside.
4	Remove the Chicken from the marinade and pick off any remaining Garlic chunks. Lightly pat the Chicken dry with a paper towel and season all sides with Salt and Pepper.
5	In a large non-stick skillet over medium high heat, add in 2 tablespoons of EVOO and heat until it shimmers. Cook the Chicken Pieces until they are lightly browned, about 3 minutes on each side. Make sure you do not crowd the pan to prevent sticking. If necessary, do them in batches and as you remove the Chicken Pieces, place them on a plate and tent them with aluminum foil to keep them warm and moist. You don't want to cook the Chicken entirely while browning. It will finish cooking while braising in the Sauce.
6	Add the remaining EVOO and cook the Yellow Onion and Green Onions, stirring occasionally and scraping the brown bits off the bottom of the pan, until the Yellow Onions are soft and tender, about 3 minutes.
7	Add in the Coconut Milk, Chicken Stock, Turmeric, and Paprika, and let the Sauce come to a simmer.
8	Pour the Sauce into the crock pot on low heat.
9	Add the Chicken Pieces and all the juices that have accumulated in the bowl. Cover and cook until the Chicken is fall-apart tender, about 6 hours.
10	Meanwhile, remove the Shrimp from the bowl and pat them dry. Season with Salt and Pepper on both sides.
11	Just Prior To Serving: In a medium non-stick skillet, heat the remaining Dende Oil and cook the Shrimp just until they just start to turn pink, about 1 minute per side.
12	Stir the Shrimp and any remaining Dende Oil from the pan, into the Chicken Stew, cover, and cook 16 minutes longer. At this point the mixture should look orangey-red and the Nuts will have thickened the Stew but also made it slightly gritty. You want it to be just a little pasty from the Nuts. If the stew is too thick, mix in another tablespoon or so of Chicken Stock.
13	Adjust the seasoning with Salt and Pepper, ladle the Stew into warm serving bowls and garnish the tops with the Cilantro.
SERVE	Serve while hot with a nice Crusty Bread & Butter on the side.

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