



GF Friendly

Chicken Creole

chicken with vegetables in a spicy Creole sauce

When I first came up with this recipe, Creole seasoning was readily available. Over time, however, its popularity waned and it is now hard to find. Because I didn't want to miss out on the unique flavour, I decided to experiment with the basic ingredients to produce my own mixture.

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| 400-500g diced chicken | 1 sliced onion |
| 1 sliced carrot | ½ cup frozen peas & corn |
| 1 small can champignons pieces & stems | |
| OR 4 chopped button mushrooms | |
| 1 can diced tomatoes | ½ cup water |
| 1 Tbsp extra virgin olive oil | 1 Tbsp butter |
| 2 Tbsps cream sherry | 1 Tbsp plain flour |
| 1 chicken stock cube | ½ tsp salt |
| ½ tsp garlic powder | ¼ tsp peri peri (optional) |
| ¼ tsp ground black pepper | |
| 1 tsp Creole seasoning (see below for recipe) | |



Melt butter in a fry pan with olive oil, then fry chicken until golden. Add onion, mushrooms and carrot and stir-fry until onion turns translucent. Reduce heat, add sherry, crumble stock cube over mix and continue stirring for 2 minutes.

Combine salt, pepper, garlic and Creole seasoning with flour, sprinkle over mix and toss well to coat ingredients. Add water and stir until mixture thickens.

Add tomatoes, peas & corn and mix well. Cover and simmer for 30 minutes, stirring occasionally. Add more water if the mixture starts to dry out.

If a spicier result is desired, add peri peri during the simmer period, BUT taste first!

Before serving, remove cover and continue to heat until liquid has reduced - should be thick, but NOT dry.

Serves 4 – 6 with rice

Freezes well

Creole Seasoning

N.B. **ingredients are in parts** – teaspoons, grams, ounces, etc.

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|-----------------------|------------------------|--------------------------|
| 1 table salt | 1 chicken stock powder | OR a crumbled stock cube |
| 1½ fennel seeds | 2 onion powder | 1 garlic powder |
| 1 paprika | 1 cumin | 1 thyme |
| 1 chilli or peri peri | | |

Mix well and store in an air-tight spice jar

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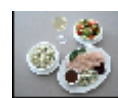
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