

Moambe Chicken

Ingredients:

1 Chicken
1/2 C palm oil or canola or vegetable
2 onions, medium, halved with outer skin removed
2 cloves garlic, crushed
1/2 green pepper and cut into pieces
2 chilies, crushed or 1 t cayenne pepper
3 celery stalks, chopped
1/2 t ground nutmeg
1 small can of tomato puree
1 1/2 C peanut butter
4 C water
Salt and pepper



Place chicken whole into a large pot. Cover chicken with water, salt and pepper. Bring to a boil, simmer about an hour removing any scum that forms on top. Strain, save cooking juices and place chicken aside to cool. After chicken cools, pull chicken meat from the bones. Discard bones.

Sauce: Using medium heat and a large frying pan, heat oil. Sauté onions, garlic, pepper, chilies & celery until they begin to brown.

Add nutmeg and tomato puree and cook for two minutes stirring often.

Add the chicken juices to the vegetable sauce mixture, stir.

Add peanut butter, season with salt & pepper, stir and bring to a boil. Reduce stove heat to low. Stir often.

Add the cooked chicken which has been cooling to the sauce, cook gently for five more minutes.

Serve with Rice.

Serves 4-6