

# Louisiana Chicken

For enough to feed 6 people you will need:

- 8 Tablespoons Oil
- 6-8 Chicken Pieces
- 75g Flour
- 2 Onions
- 3 Celery Sticks
- 2 Green peppers
- 3 Garlic Cloves
- 3 Teaspoons Thyme
- 3 Red Chillies
- 2 Tins Chopped Tomatoes
- 500ml Chicken stock
- 1 Measuring jug
- 2 Sharp knives
- 2 Chopping boards
- 1 Wooden spoon
- 1 Large Dixie
- 1 Frying Pan



1. Finely chop the onions, crush the garlic, de-seed and cube the peppers and chillies and slice the celery.
2. Cut the Chicken Pieces into approx. 3cm cubes.
3. Start by heating half the oil in the Frying Pan and carefully brown all the chicken cubes. You may to remove them to a clean plate once cooked if the Dixie is not ready for them.
4. Meanwhile heat the remaining oil in the Dixie. Move to a cool end of your fire and add the flour stirring constantly for 2 minutes.
5. Add the onion, celery, garlic, thyme, chillies and green pepper and continue stirring for 2 more minutes.
6. Stir in the tomatoes and their juices then gradually add the stock stirring all the time. Add the chicken and cook, covered, for 15-20 minutes until chicken is cooked through.