Chicken In Spicy Groundnut Sauce

Ingredients:

1.5 kg chicken

1 cup groundnut paste or peanut butter

2 large onions, chopped

2 cloves garlic, crushed

2 pinches of cinnamon

2 pinches of black pepper

Salt to taste

1. Fry the onion and garlic until soft.
2. Add the spices and fry over low heat for 5 minutes. You can make the dish spicier by the addition of spices e.g. nutmeg.
3. Add the chicken pieces to the spices and cook for 20-30 minutes until tender over low heat. Do not add water.
4. Combine the groundnut paste with hot water in a bowl to make a thick sauce. To make the sauce creamier mix the groundnut sauce with milk instead of water. However, if you put milk this dish cannot be frozen because dairy does not freeze well.
5. Add the groundnut sauce to the chicken and cook while stirring constantly for 10 minutes.
6. Add salt to taste.
7. Serve with rice or chapati.