

"Bermudian Chicken Curry is one of those dishes that warms both the belly and the soul. Growing up, it was a Sunday favorite — every family had their own version. My twist uses coconut milk for a smooth, rich sauce and a touch of heat from Scotch bonnet. It's a perfect blend of island spice and comfort — the kind of dish that reminds me of home, even here in the UK."



Ingredients

For the Curry:

- 1.5 lbs (700g) chicken thighs or breast, cut into chunks
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp curry powder (Bermudian-style or Madras)
- 1 tsp turmeric
- 1 tsp paprika
- 1 Scotch bonnet pepper (whole, optional for mild heat)
- 1 large potato, peeled and cubed
- 1 carrot, sliced
- 1 cup coconut milk
- 1 cup chicken stock
- Salt and black pepper to taste
- Fresh thyme (1–2 sprigs)

For Serving:

- Steamed white rice or Bermudian peas & rice
- Fresh parsley or cilantro for garnish
- Lime wedges



Bermudian Chicken Curry



Serves: 4-6



Prep Time: 15 mins |

Cook Time: 40 mins |

Total Time: 55 mins

Method

1. Season and Sear the Chicken:
2. Season chicken lightly with salt and pepper. In a large pot, heat oil and brown chicken pieces on all sides. Remove and set aside.
3. Build the Base:
4. In the same pot, sauté onions until golden. Add garlic, ginger, and curry powder, stirring for about 1 minute to release the spices' aroma.
5. Add the Veggies:
6. Stir in potatoes, carrots, thyme, and paprika. Coat well in the curry mixture.
7. Simmer:
8. Add coconut milk, chicken stock, and Scotch bonnet pepper. Return the chicken to the pot. Cover and simmer on medium-low heat for 25–30 minutes, until the chicken is tender and the sauce has thickened.
9. Finish & Serve:
10. Remove the Scotch bonnet (if used). Adjust seasoning. Serve hot over steamed rice, garnished with parsley or cilantro and a squeeze of lime.

CHEF WILL'S TIPS:

- Chef Will's Tip 🍴
- Always toast your curry powder before adding liquid — it deepens the flavour and gives your sauce that rich, authentic Bermudian depth.
- Chef William Smith Local
- 🌐 www.willsmithkitchen.com
- 📱 #WillSmithKitchen | "Bringing Local Flavor to Every Table"