"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."



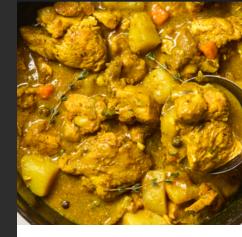


## For the Curry:

- cut into chunks
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- · 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 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
- · Fresh parsley or cilantro for garnish
- Lime wedges



# Bermudian Chicken Curry



Cook Time: 40 mins Total Time: 55 mins

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- 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.
- 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
- m www.willsmithkitchen.com
- iii #WillSmithKitchen| "Bringing Local Flavor to Every Table"