

# Country Captain Chicken

Servings : 6

Amount	Measure	Ingredient - Preparation Method
4	pounds	bone-in, skin on chicken pieces - breasts halved, legs quartered into thighs a
1	tablespoon	vegetable oil
2		onion - finely chopped
1		red bell pepper - seeded and chopped fine
2	cloves	garlic - minced
2	tablespoons	tomato paste
2	tablespoons	curry powder
2	tablespoons	all-purpose flour
1	teaspoon	brown sugar
28	ounces	petit diced tomatoes
1		granny Smith apple - cored and diced
2	teaspoons	lime juice

Pat chicken dry with paper towels and season with salt and pepper. Heat oil in Dutch oven over medium-high heat until just smoking. Cook half of chicken until well browned, about 5 minutes per side. Transfer to plate and repeat with remaining chicken. When chicken is cool enough to handle, peel and discard skin.

Pour off all but 2 tablespoons of fat from pot. Cook onions and bell pepper, covered, until softened, about 8 minutes. Stir in garlic, tomato paste, curry powder, flour and sugar and cook until fragrant and color deepens, about 2 minutes. Stir in tomatoes and apple and bring to a boil.

Return chicken and juices to pot. Reduce heat to low and simmer, covered, until white meat registers 160F and dark 170F, 20 to 25 minutes. Stir in lime juice and season with salt and pepper. Serve.