



“Poul nan Sos” Haitian Chicken in Sauce

Ingredients:

4 Chicken Leg Quarters	3 tbsps. Lime Juice	1 Maggie Chicken Bouillon Cube
2 Garlic Cloves, crushed	3 – 5 Cloves (Jirof)	2 – 3 sprigs of Thyme
1 tsp. Garlic Powder	½ tsp. Seasoned Salt	½ tsp. Salt
½ tsp. Sugar	1 – 2 tbsp. Epis	3 tbsps. Tomato Paste
1 – 2 Onions, sliced into rings	Vegetable Oil	1/8 tsp. Accent (optional)
1 Scotch Bonnet OR Habanero Pepper (optional)		

Directions:

1. Refer to the “Cleaning Chicken” page and clean the chicken quarters thoroughly. Cut each leg quarter (4 pieces) into separate thigh and leg pieces across the joint (now 8 pieces of chicken total). Cut about 2 slits on each piece of chicken in order to have a way for the seasoning to go through and fully marinate.
2. Place the chicken thighs and leg pieces into a bowl. To the bowl add the following spices: 3 tbsps. of lime juice, 1 Maggie (crushed or dissolved in the lime juice), 2 crushed garlic cloves, 3 – 5 cloves, 2 – 3 sprigs of thyme, 1 tsp. garlic powder, ½ tsp. seasoned salt, 1 - 2 tbsps. of epis, ½ tsp. of salt, and if desired, 1/8 tsp. of Accent (optional). Mix contents thoroughly in order to fully incorporate marinade into the chicken. Marinate at least 30 minutes or overnight.
3. In a large pot on high heat, add 4 – 5 tbsps. of vegetable oil and ½ tsp. of sugar. Allow the heat to reach temperature and for the sugar to brown.
4. Once the sugar has darkened in the hot oil, individually add the marinated chicken. Be very careful as the oil will splatter. Place the chicken in a way that they all touch the bottom of the pan. Avoid overlapping.
5. Add about ½ cup of water to the bowl that had the marinated chicken. Mix it around to gather up as much of the marinade that was left behind. Pour the liquid into the pot with the chicken. If desired, you can add in your hot pepper at this time. Once the liquid has come up to a boil, reduce the heat to medium and cover the lid. Let it cook for about 20 – 25 minutes.
6. Using tongs, flip the chicken so that the other side can continue to cook. Replace the lid and cook for about another 10 – 15 minutes.
7. Remove chicken from the pot and place in a wire mesh strainer to remove any excess liquid.



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8. Prepare a pot or pan with enough oil to fully submerge the chicken. Depending on the size of your pot/pan, it can be anywhere between 2 – 4 cups. A few other options include using a deep fryer or using much less oil and frying/sautéing it in a shallow pan. If you plan to fry in a shallow pan, just be sure to turn the chicken during the frying process to crisp both sides. Turn the heat to high and wait until it reaches temperature.
9. Place the chicken in the hot oil in batches being sure not to overcrowd the pot/pan. Fry the chicken for about 3 - 5 minutes or until the outside becomes a nice dark golden color.
10. Remove chicken from hot oil and place on paper towel lined plate. Continue to fry remaining chicken until complete.
11. Drain the residual liquid from the pot the chicken boiled in through a fine mesh strainer. Set the liquid aside.
12. Return the pot to the stove and place on medium high heat. Add 4 – 5 tbsps. of vegetable oil and 3 tbsps. of tomato paste. Sauté the tomato paste in the oil until it darkens in color while stirring frequently, taking care for it not to burn. This should be about 3 – 5 minutes.
13. Add in fried chicken pieces. Stir to coat them in the sautéed tomato paste.
14. Add about $\frac{1}{4}$ - $\frac{1}{2}$ cup of water. Stir contents and use the edge of the cooking spoon to scrape of any stuck on dried food. The water should help to release the drippings at the bottom of the pot.
15. Stir contents until everything is well incorporated, darkens, and the water thickens or dries.
16. Add in residual liquid that was set aside and $1\frac{1}{2}$ – $2\frac{1}{2}$ cups of additional water depending on how much sauce you want to make. Bring liquid up to a boil. Let the liquid slightly reduce in order to thicken. Taste the sauce and add salt to taste if needed. Add 2 tbsps. of butter and mix thoroughly.
17. Once the sauce reaches your desired consistency, turn off the heat and add onion sliced into rings or any way you prefer. Mix contents to let the residual heat cook down the onions slightly for it to retain a nice crunch.
18. The "Poul nan Sos" is now ready to be served and can be accompanied with your choice of rice and/or vegetables. Enjoy!