



Prince George's county  
Office of Community Relations



Angela D. Alsobrooks  
County Executive

# *“Cooking in Mai’s Kitchen”*

Thursday, July 9, 2020

100  
EVENTS OF  
*Summer*



## *Recipe: Chicken Stew*

- 2 pounds chicken (cut into pieces)
  - 3 yellow onions
  - 2 sliced tomatoes
  - 1/2 sliced green bell pepper
  - 1/2 sliced orange bell pepper
  - 4 cloves chopped garlic
  - 2 cups vegetable oil
- 1/2 teaspoon thyme
- 1/2 teaspoon turmeric
- 1/2 teaspoon rosemary
  - 1 bouillon cube
- 1 tablespoons tomato paste
  - 2 bay leaves
- habanero peppers to taste
- salt and black pepper to taste

1. Season chicken with salt and black pepper. Heat oil in a medium saucepan and fry chicken until light brown. Remove chicken from the saucepan and set aside in a bowl.
2. Add sliced onions, bell peppers, tomatoes, and garlic. Stir and sauté over medium-low heat for 5 minutes.
3. Add salt, black pepper, habanero peppers, bouillon cube, turmeric, thyme, rosemary, and bay leaves. Stir and cook over medium-low heat for 5 minutes, or until vegetables are soft.
4. Add tomato paste, chicken and 4 ounces of water. Stir and simmer on medium-low heat for 15 minutes, or until there is no longer water bubbling in the stew.



## *Recipe: Jollof Rice*

- 4 cups jasmine rice
- 4 tablespoons of tomato paste
  - 2 bouillon cubes
- 4-ounce stock fish (soaked and washed)
  - 4 cups of water
- 1 chopped cabbage (1 small cabbage chopped)
  - habanero peppers to taste (chopped)
  - salt and pepper to taste

1. Add tomato paste, stock fish, black pepper, bouillon cubes, and 1 cup of water. Stir and cook over medium heat for 5 minutes.
2. Add cabbage, rice, and 4 cups of water. Stir and bring to a boil. Reduce heat to low and cover pot with aluminum foil, and steam for 15 minutes. Stir occasionally.



*Mai's*  
KITCHEN

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