

Groundnut Stew

Serves 1 | Active Time: 40 minutes | Total Time: 1 hour

Swick

Chef's Notes

- The addition of one whole Scotch bonnet will result in noticeable capsaicin heat. You can control the heat to some extent by using the chile whole for relatively less heat or cutting it into smaller pieces for relatively more heat. If you are new to using the Scotch bonnet (or habañero, a good substitute), consider using 1/4 or 1/2 of the chile.

If you do not have Scotch bonnet chiles, then substitute another fresh, hot chile. If fresh chiles are not available, then substitute a dry product like ground cayenne. As with most substitutions, expect the flavor to change accordingly.

Different vegetables can be used in this dish. Dense vegetables like root vegetables or winter squash should be given sufficient time to cook, while softer vegetables should be added midway through the simmering process to avoid over-cooking.

Consider varying the style and presentation by using different sweet potato varieties each time you make this stew.

Step 1: Cooking the aromatics

- 1 tbsp oil
 - 16 oz (450 g) onions, medium dice
 - 6 cloves (20 g) garlic, minced
 - 2 tbsp (35 g) ginger, grated
 - ½ tsp cumin powder
 - ½ tsp cinnamon
 - ½ tsp paprika
- In a large pot, heat the oil on medium heat, sauté the onions to develop browning. Add the remaining ingredients and cook for an additional minute.

Step 2: Adding the tomatoes and potatoes

- 2 tbsp tomato paste
 - 2 lb (900 g) sweet potatoes, peeled, medium dice
 - 16 oz (450 g) tomatoes, medium dice
 - 1 qt (1 L) stock
 - 1 each Scotch Bonnet chile, stem removed*
 - 1 tsp salt
- Add the tomato paste and cook for 2-3 minutes. Add the remaining ingredients, cover and simmer until the potatoes are soft, about 20 minutes.

Step 3: Finishing the stew

- 3/4 cup smooth peanut butter (unsweetened)
- 16 oz (450 g) cooked chickpeas
- 1 bunch/8 oz (225 g) spinach or kale, cut into 1-inch pieces
- 1 tsp salt
- 1 bunch/2 oz (60 g) cilantro, chopped, to garnish
- 1/2 cup roasted peanuts, chopped, to garnish

Place the peanut butter in a bowl, add some of the liquid from the pot and whisk until the mixture is combined.

Add the thinned-out peanut butter mixture to the pot and combine.

Add chickpeas and spinach to the pot and combine.

Garnish with chopped cilantro and peanuts.