

MARYLAND FARM & HARVEST

The Local Buy recipe, Episode 912

West African Collard Greens Stew

- 2 Lbs of bone-in, skin-on chicken (wings, legs, thighs or breasts will work)
- 2 Lbs of Brussels sprout leaves or collard greens
- 2 medium yellow onions, peeled and diced
- 6 cloves of garlic, minced
- 1 tsp smoked paprika
- ¼ tsp red pepper flakes (optional)
- 1 tsp salt
- 4 cups of chicken broth
- ½ cup dry sherry (optional)
- ¼ cup apple cider vinegar



- Place the chicken on the bone into a heavy 5-quart (or larger) pot and set over medium heat in cooking oil. Cook the chicken for about 15 minutes, stirring occasionally until the chicken is cooked through, crisping and has released its fat.
- Stack the Brussels sprout greens halved leaves on top of each other, roll up from the short end into a cigar shape and cut lengthwise down the center. Then cut crosswise into short ribbons about ½-inch-wide.
- As the chicken finishes cooking, add the onions and garlic, along with the paprika and salt, as well as the red pepper flakes if desired. Cook for another 5 minutes or until the onion softens. Add the Brussels sprout green ribbons slowly, handful by handful, stirring them in so that they wilt down and make room for more.
- Pour in the chicken broth, sherry, and cider vinegar and bring to a simmer. Put a lid on the pot and turn the heat to low. Simmer for 15-20 minutes or until the Brussels sprout greens are tender.
- Taste and add more salt if necessary. Remove meat from chicken bone if desired. Serve with rice. Leftover portions can be refrigerated and taste excellent the next day.