WEST AFRICAN · LUNCH · DINNER

Kedjenou (Ivorian Slow-Steamed Chicken Stew)

Kedjenou de poulet

100 min · Serves 4 · 424 kcal a serve · Video 5:18 in French · Douceurs et Saveurs de Manu

Gluten-free ingredients · Dairy-free · Nut-free

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44 g protein and under 10 g net carbs a serve: the chicken steams in its own juices with tomato, onion and eggplant, with no oil or water added.

Diet notes: Low carb (9.7 g net carbs) but not keto: 45% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 9 · SERVES 4

- [ ] 1 whole **chicken** (about 1.2 kg), cut into pieces
- [ ] 2 **onions**, roughly chopped
- [ ] 2 **fresh tomatoes**, roughly chopped
- [ ] 4–5 **fresh scotch bonnet chillies**, to taste
- [ ] 2 cloves **garlic** (optional)
- [ ] ½ **eggplant**, diced (or 2–3 small white African eggplants)
- [ ] 2 **bay leaves**
- [ ] **black pepper**, to taste
- [ ] **salt**, to taste (or a seasoning cube)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into pieces. In a mortar, coarsely crush the tomatoes, onions, chillies and garlic so they release their juice (or simply dice them with a knife). No water or oil goes into this dish. 1:10
2. Put the chicken into a heavy pot with a tight lid (a kedjenou pot or canari if you have one). Tip the crushed vegetables over it, add the diced eggplant, bay leaves, salt and pepper — season now, because the pot stays closed. 2:27
3. Lay a sheet of baking paper (or banana leaves) over the rim and press the lid on top to seal in the steam, then set the pot on the heat. A village or laying hen takes about 1 hour 20 minutes; a regular supermarket chicken 30–40 minutes. 2:56
4. Don't open the pot while it cooks: every so often lift it and shake it firmly so nothing sticks and the chicken and vegetables mix in their own juices. 3:45
5. Open the pot when the chicken is tender and surrounded by a rich broth. Taste, adjust the salt and serve hot. 4:06

> **Tip** Serves 4 (our estimate). Traditionally eaten with attiéké (cassava couscous) or rice; a green salad or cauliflower rice keeps it lower in carbs. Guinea fowl or rabbit work the same way.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
424 kcal	44 g	14 g	3.9 g	21 g	520 mg
1,770 kJ	87% of a day	9.7 g net · 6.9 g sugars	14% of a day	5.8 g saturated	23% of a day
		5% of a day		27% of a day	

Energy from net carbs 10% · protein 44% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 68% · Vitamin B6 49% · Zinc 30% · Vitamin C 27%

Source of (10–19%) Vitamin B12 19% · Potassium 16% · Iron 14% · Magnesium 14% · Vitamin A 11% · Vitamin K 11% · Folate 11% · Omega-3 10%

Recipe and video: Douceurs et Saveurs de Manu (@DouceursetSaveursdeManu) on YouTube — youtube.com/watch?v=dRFsON9OWUA, published 27 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kedjenou-de-poulet