

Smithwick's Brunswick Stew

A number of people asked me for the recipe, so here it is:

- 2 lbs boneless chicken, cut into pieces
- 4 large onions
- 5 tablespoons bacon fat
- 6 cups water
- 1 28 oz can diced tomatoes
- 1 cup sherry
- 2 teaspoons Worcestershire sauce
- 2 lbs fresh, or 2 10 oz. packages frozen lima beans
- 2 cups fresh or frozen corn kernels
- 2 teaspoons red pepper flakes
- salt & pepper
- 1 cup seasoned breadcrumbs
- 4 tablespoons melted butter

Fry onions and brown the chicken in bacon fat. Add water, tomatoes, sherry, Worcestershire sauce and simmer for 30 minutes. Add remaining ingredients and cook 15 - 20 minutes more, until thickened.

The version I cooked in Roscoe substituted Olive oil for the bacon fat, and chicken stock for the water. I personally prefer to use dark meat chicken for an earthier flavor, closer to the original recipe, which calls for squirrel. I used boneless breast in Roscoe because it's quicker to work with. 2 lbs is the minimum for meat, if you like a meatier stew, use 3 lbs. The above recipe will serve 10-12 people. I admit to being a dyed in the wool Yankee, but my culinary preferences are definitely south of the Mason-Dixon line. This is a classic Southern recipe.