

Chowning's Tavern Brunswick Stew

<http://userealbutter.com/2008/02/25/brunswick-stew-recipe/>

The Williamsburg Cookbook

- 1 stewing hen (6 pounds), or 2 broiler-fryers (3 pounds each)
- 2 large onions, chopped
- 2 cups okra, cut (I subbed zucchini)
- 4 cups fresh or 2 cans (1 pound each) tomatoes
- 2 cups lima beans
- 3 medium potatoes, diced
- 4 cups corn cut from cob or 2 cans (1 pound each) corn
- 3 tsps salt
- 1 tsp pepper
- 1 tbsp sugar

Cut chicken into pieces and simmer in 3 quarts water for thin stew, or 2 quarts for thick stew, until meat can easily be removed from the bones, about 2 1/4 hours. Add raw vegetables to broth and simmer, uncovered, until the beans and potatoes are tender. Stir occasionally to prevent scorching. Add chicken, boned and diced if desired, and the seasonings. The book notes that Brunswick stew benefits from long, slow cooking, and that some people believe the flavor improves if the stew is left overnight and reheated the following day. Makes 8-10 servings.