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Arroz con Pollo

Recetas de Guillo's

Ingredients

1 whole chicken (about 3 lbs) cut into pieces or about the equivalent in chicken breast pieces and thighs.

1 cup sofrito

1 cup olive oil

½ cup recaito

1 white onion, diced

1 red pepper, diced

1 green pepper, diced

¼ cup chopped garlic

¼ cup capers

2 tbsp. oregano leaves

1 tbsp. ground cumin

2-3 bay leaves

3-4 pinches saffron

1lb. white long grain rice (unbleached, unconverted and unwashed)

1 ½ qts well flavored chicken stock or broth

1 tsp Bijol seasonings (See note)

2 pieces banana leaf (optional: see note)

Salt and pepper

Directions

Place a large pot on medium high heat.

Add olive oil.

Begin browning chicken pieces a little at a time. Do not crowd pan or chicken will steam rather than sear. Remove as they brown and place on a plate.

When all the chicken is browned add recaito, onions, garlic, pepper, capers, oregano, cumin and saffron. Sauté until softened. Add rice.

Stir the rice well to coat in oil and flavorings.

Add chicken pieces back to pot. Add bay leaves.

Pour chicken stock over this mixture. Sprinkle Bijol in and stir well.

Allow this to cook over medium high heat. Allow to boil while stirring frequently.

When the liquid comes to a boil cook additional 5-6 minutes at medium high heat then turn down to a simmer. Stir once. Cover with banana leaves cover pot.

Cook for about 20 to 25 minutes or until rice is cooked. If it is slightly undercooked, leave covered. The remaining heat will finish. Serve immediately.

NOTE: Bijol is a seasoning found in the Latin section of many supermarket spice aisles. It is a coloring agent that imparts a little flavor and yellow color to food recipes. This is the real coloring that yellow rice has in Latin American rice dishes. However, I do recommend saffron to add extra flavor. If you cannot find Bijol, I recommend adding extra saffron. The additional expense is worth it. Banana leaves are often used to cover stewed or steamed dishes. They impart a distinct "island" flavor. You should be able to find them in any Latin grocery or oriental market.