

Manuel's Arroz con Pollo

Submitted by Sibyl McRae Child

Ingredients:

1 whole chicken or 4 – 6 chicken breasts with bones or combination of chicken breasts and thighs
1 carrot cut in large pieces
1 stalk celery cut in large pieces
1 onion cut in large pieces
1 teaspoon cumin seed
1 teaspoon oregano
1 teaspoon salt
½ teaspoon pepper
Olive Oil
2 onion, chopped
3 cups rice
1 cup green olives
1 green bell pepper, chopped
1 red bell pepper, chopped
1 package frozen green peas
2 small jars (4 oz. each) pimentos
2 cans (14.5 oz. each) stewed tomatoes
Parsley or cilantro
1 Tablespoon curry powder
½ teaspoon saffron
2 – 3 cloves of garlic

Remove bones from the chicken and cover the bones with 6 cups of water and cook 1/2 hour with 1 onion, celery, carrot, cumin seed and oregano.¹ Brown each chicken piece in very hot oil. Remove. Brown 2 onions (chopped but not too small) in the remaining oil. Add 2 cans tomatoes, 1 Tablespoon curry powder, and ½ teaspoon saffron. Add strained stock made from the boiled bones and vegetables.

In an ovenproof pot with top place the chicken pieces in the bottom. Add 3 cups rice on top and pour the stock on top. Bring to a boil. Add the green and red pepper, peas, olives, and pimentos. Chop 2-3 garlic cloves and add. Add chopped parsley or cilantro on top. Place the covered pot in the oven and cook at 300° for 25 minutes or longer.

¹ To save time one can use store bought chicken stock and simmer it with the vegetables and spices.