Asopao de Pollo (Chicken and Rice Stew)

A delicious traditional Puerto Rican dish that is a cross between a soup and a stew. A good one-pot meal that is easy to make if you have already prepared the achiote oil and sofrito used in this recipe (see separate entries).

Serves   : 4
Preparation Time : 5 minutes plus marinating time
Cooking Time   : approx 40 minutes

Ingredients

4 cloves garlic, minced
4 chicken breasts or other portions
3 tbsp achiote oil (see separate recipe) or olive oil
4 tbsp sofrito (see separate recipe)
1 tin good quality plum tomatoes
8 oz rice
8 fl oz / 225ml dry white wine
2 pints (approx) / 1 litre (approx) chicken stock
2 tbsp chopped Spanish olives
1 tbsp chopped capers
salt to season

Herbs & Spices

1 tsp Oregano
1 tsp Pepper Black Ground
2 Bay Leaves
1 tsp Cumin Ground
1 tsp Paprika

Cooking Instructions

Combine the oregano, black pepper, cumin, paprika and minced garlic into a paste. Rub into the chicken portions and leave to marinate as long as possible.

Heat the Achiote oil in a large heavy based pan over a medium-high heat. Add the chicken portions and cook for 5 - 8 minutes to brown, turning during the process. Add the sofrito and the tomatoes, reduce the heat to medium and cook for 3-4 minutes, stirring to prevent catching on the bottom. Add the rice, wine, bay leaves, olives and capers. Stir well then add the chicken stock. Bring to the boil, and allow to simmer covered for 20 minutes or until the rice is cooked. If more liquid is required add some more stock or water. The rice and chicken should be in a soupy stew at the end. In the time the rice cooks, the chicken should also be cooked through, but check before serving. Adjust salt seasoning if necessary and serve as a one pot meal.