

CHICKEN



Fricase de Pollo (Cuban Style Chicken Fricase)

Ingredients

Marinade

- 1 cup sour orange juice (Cuban Naranja Agria)
 - **Substitution:**
 - 1/4 cup lemon juice (must be fresh squeezed)
 - 1/4 cup lime juice (must be fresh squeezed)
 - 1/2 cup orange juice (Tropicana or a store brand that's freshly squeezed, without pulp is better)
- 2 teaspoon cumin
- 1 tbsp oregano
- 1 tbsp garlic powder
- 1/5 teaspoon thyme
- 3 tablespoons garlic (grated), about 6 large cloves
- 1 small white onion (sliced against the grain)
- 2 tablespoon olive oil
- 1 tbsp salt
- Zest of the lemons, limes, and oranges (optional if using substitute)

Meat

- 4 – 5 lbs of chicken (a whole chicken or parts bone in, skin on. Using breast only is not recommended)

Sofrito

- 1 large white onion (sliced against the grain)
- 1 green bell pepper
- 1 red bell pepper
- 8 oz tomato sauce (plain or goya brand)
- 1 cup dry white wine
- 3 tbsp olive oil

Fricassee

- ¼ cup raisins
- About 10 pimento stuffed Spanish style olives, whole
- 2 tbsp cappers
- 2 bay leaves
- Chicken stock to almost cover
- 3 – 4 medium potatoes cut into quarters

Instructions

Step 1 - Marinating the Chicken

- Reserve 1 tbsp of the grated garlic for the sofrito in step 2.
- Combine the rest of the marinade ingredients in a zip lock or a big bowl and pour it over the chicken.
- Marinate the chicken, in the fridge, for up to 6 hours
- Once marination time is completed remove the chicken from the marinade, set aside the marinade



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- Dry the chicken parts with paper towels and place on a rack and return to the fridge to air dry for at least an hour or over night

Step 2 – Brown the chicken and make the sofrito

- In a heavy pot sear, use a few tablespoons of oil to sear the chicken parts on all sides until a light golden brown
- Make sure the chicken parts are very dry and the heavy pot is hot so that the skin does not stick
- Return the seared chicken back to the wrack and remove any excess oil / chicken fat from the pot.
- In the same pot combine the sofrito ingredients and sauté until veggies are translucent.
- Add the reserved garlic and cook until fragrant about 30 seconds, then add tomato sauce and continue to sauté 2 – 3 more minutes
- Add the dry white wine and deglaze the pan

Step 3 – The fricassee

- Add the seared chicken back to the pot and add the rest of the fricassee ingredients, except the potatoes
- Add chicken stock to cover the chicken about halfway, if needed
- Bring to a boil then reduce heat to medium low and cook, covered, for 30 minutes.
- Add potatoes and continue to cook at a simmer, uncovered, until potatoes are tender, and chicken is cooked through.
- Serve with white rice and fried ripe plantains

Notes

- NOTE: if you have someone that does not like olives, capers, and/or raisins you can combine them in a blender with some chicken stock until it's a smooth paste. They won't know the ingredients are in there but they are key to the flavor of the dish.

