

Arroz con Pollo (Ecuador)

Mme Karen Blacker et son mari Michael (grand parents de Jonathan (MS) et Audrey Montalvo (PS) et Mme Juanita Pesantes-Wright et sa sœur Betty
Menu international du vendredi 26 février 2010



Recette pour 6 :

ARROZ CON POLLO – EQUATEUR

10lbs Chicken legs and thighs
3lbs carrots
3 large green peppers
3 large onions
12 oz ketchup
12 oz olives
1/2 lb butter
6 cups white rice
Salt and pepper



DIRECTIONS:

Season chicken thighs with Adobo and pepper and put to boil

Cut olives into slices

Cut green pepper and carrots julienne style

Remove chicken, Pull off the bone and add the onion and green peppers and carrots saute until tender.

Add the chicken broth and water, mixing in the seasoning thoroughly

Add the rice to the mix and stir well,.

Cover the skillet tightly, and simmer for 20 to 25 minutes.

When the rice is tender and the liquid absorbed, Stir in Chicken, carrots and green pepper and mix thoroughly, add ketchup to taste.

Remove from the heat and let stand 5 minutes. Serve.

