

CAFE THOMPSON RECIPE



PAN ROASTED ARROZ CON POLLO PANAMEÑO

Most countries have their own version of chicken and rice; this one is from Panama. The spices are unique to this region. This dish is a flavorful one-pot meal featuring chicken cooked with rice, along with other ingredients like onions, bell peppers, tomatoes, garlic, saffron and spices.

SERVES 10

INGREDIENTS

- 10 chicken quarters
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1/2 teaspoon achiote
- 1 tablespoon olive oil
- 1 cup onion, diced
- 1 cup bell pepper, diced
- 1/4 cup carrot, diced
- 1 quart rice
- 2 quarts stock
- 1 cup peas
- 1 cup olives, Spanish

DIRECTIONS

Season the chicken in the spices. In a pot, add the oil and fry the onion, pepper, carrot and rice together. Once toasted, add the remaining ingredients and cover, and bake at 350 F in the oven for 45 minutes or until the internal temperature of the chicken reaches 165 F. Serve immediately.

