

SPOTLIGHT RECIPE



POLLO EN CREMA

Pollo en crema is a traditional Guatemalan dish featuring tender chicken in a creamy sauce. The sauce is flavored with indigenous spices and includes ingredients like loroco (edible flowers), chayote or zucchini, yellow potatoes, green chile peppers, onions and cream.

SERVES 6

INGREDIENTS

- 2 1/2 pounds chicken breasts, boneless
- 2 1/2 cups chicken broth
- 1 2/3 tablespoons kosher salt, divided
- 2 bunches fresh cilantro
- 2 1/2 tablespoons olive oil
- 2 1/2 white onions, diced, medium
- 5 fresh garlic cloves, diced
- 5 tomatoes
- 5 cups heavy cream
- 2 1/2 teaspoons black pepper, ground
- 7 1/2 cups fresh asparagus tips
- 2 cup water

DIRECTIONS

In a medium pot, cover the chicken pieces with broth and 2 cups of water, season with salt and cook for 10 minutes. Add the cilantro and cook for another 5 minutes, then transfer to a bowl.

In the same pot, heat the oil and sauté the onions until translucent. Add the garlic for 1 minute, then the tomatoes. Return the chicken (without liquid) and cook for 4 minutes.

Return the liquid to the pot (discard the cilantro sprig) and cook for 5 minutes. Then, reduce the heat and add cream, seasoning with salt and pepper. Finally, add the asparagus tips and cook for another 5 minutes. It is recommended to serve with white rice, fresh cilantro and a side salad.

Side dishes

Steamed White Rice
Green Salad

