Fricasé de Pollo

Description

This is a meal in itself, but is also used as the basis for Pastelón.



Summary

Yield: 8
Source: Maria Martinez Ryan
Prep Time: 3 hours

Ingredients

- 1/2 cup sour orange juice (or a mixture of 50/50 sweet orange and lime juice)
- 4 garlic cloves, chopped
- 1 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 4 lbs chicken thighs, legs, and breasts skinned
- 1/3 cup vegetable oil
- 2 large onions, peeled and chopped
- 1 large gree pepper, cored, seeded and chopped
- 1 cup tomato sauce
- 1 cup dry white wine
- 1 capers
- 1/2 pimiento stuffed olives
- 1/2 raisins
- 1 potatoes, peeled and cubed

Instructions

Combine the orange juice, garlic, salt amd pepper in a large container. Add the chicken pieces to the marinade, cover, and refrigerate for 1 to 2 hours. Remove the chicken and pat dry with paper towels. Reserve the marinade.

Warm the oil in a large heavy pan or dutch oven over medium heat and brown the chicken.

Add the onions, and green pepper and sauté them with the chicken until the onions are translucent, about 3 minutes. Add the tomato sauce, wine, reserved marinade, capers, olives, raisins and potatoes. Reduce the heat to low, cover the pan, and simmer for 30 minutes.

Transfer the chicken to a serving dish and spoon the sauce over.