

CHICKEN & RICE

Last Modified: 06/20/2016

PREP: 15 Min
COOK: 1 Hr
STOVETOP

F EASY

CUBAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pound	Frying Chicken	Cut-Up
3	Cups	Long Grain Rice	Uncooked
2	Tbsp	Canola Oil	
1	Medium	Yellow Onion	Chopped
1	Medium	Colored Bell Pepper (Seeded)	Chopped
1 1/2	Tbsp	Garlic	Chopped
1	Tbsp	Chili Powder (Mild)	
8	Oz	Tomato Sauce (Hunts)	
3/4	Cup	Salad Olives With Pimentos	Drained
2	Tbsp	Fresh Coriander Leaves (Cilantro)	Chopped
4	Cups	Chicken Stock (Swanson)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	While the Green Olives with Pimentos definitely mark this dish as Cuban in origin, leaving them out will still make for a VERY tasty, satisfying dish.
TOOLS	1) Dutch Oven & Lid 2) Wire Rack
PREP	DISH 1) Prepare the Rice according to package directions and set it aside while covered. 2) Chop the Yellow Onion and set it aside. 3) Chop the Bell Pepper and add it on top of the Onions. 4) Chop the Garlic Cloves and set them aside. 5) Chop the Cilantro Leaves and set them aside. 6) Drain the Olives and set them aside.
1	If not already done, cut up the Chicken into 2 Drumsticks, 2 Thighs, 2 Wings and 2 Breasts (Remove and discard the backbone). Cut each whole Chicken Breast in half to make four equally sized pieces. Place them on a wire rack and sprinkle all sides liberally with Salt and Pepper. Let them come to room temperature.
2	In a heavy dutch oven over medium high heat, add in the Canola Oil and heat until it shimmers. Add in the Chicken pieces skin side down (work in batches if necessary). Brown them on all sides, about 4 to 5 minutes per side. Set the Chicken aside.
3	To the dutch oven, add in the Onions and Bell Peppers. Cook until softened, about 3 minutes. Add in the Garlic and Chile Powder and season again with Salt and Black Pepper. Stir in the uncooked Rice and let it toast for 2 minutes while stirring.
4	Add the Chicken Stock, Tomato Sauce, and Olives and give it a stir. Put the Chicken Pieces back into the pot. Bring it to a boil, lower the heat to medium low, cover, and simmer until the Chicken is cooked through and the Rice is tender, 30 to 35 minutes.
SERVE	Arrange it on a large serving platter and serve while hot.

CHICKEN & RICE

