

*Ajiaco* (Colombian Chicken & Potato Stew)

- 2 cups chicken broth
- 6 cups water
- 2 chicken breasts, bone-in, skin removed
- 2 chicken thighs, bone-in, skin removed
- 1 Yukon Gold potato, peeled & sliced
- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 1 bay leaf
- salt & pepper
- 3 russet potatoes, peeled and cut into 1/2" slices
- 2 ears corn, cut into 2" wheels
- 6 small red potatoes, cut in half
- 1/4 cup dried Guascas

Condiments for Ajiaco:

- capers, drained
- sour cream
- sliced avocado
- cilantro, chopped

1. In soup pot, place broth, water, chicken, Yukon Gold potato, onion, garlic, bay leaf, salt and pepper. Put over high heat and bring to boil, then turn the heat down to medium and simmer for 30 minutes.

2. After 30 minutes, remove the 2 chicken breasts from the pot and place on a dish to cool. Leave the thighs in the pot to continue cooking. Let the broth continue to simmer for 10 more minutes, using a wooden spoon to occasionally break up the Yukon Gold potatoes.

3. Then add the russet potatoes, corn and red potatoes to the pot. Let these simmer until tender, about 20 minutes.

4. Pull the chicken breast meat off the bone, breaking up larger pieces. Place on a dish and cover with foil to keep warm.

www.HarwoodPodcast.com

5. Once the corn and potatoes are tender, stir in the chicken breast meat and the Guascas to the pot. Let mixture simmer for another 5 minutes. Then take the chicken thighs out of the pot and pull the meat off the bone. Place the meat back into the pot and stir.

6. When read to serve, ladle the stew into bowls and top with a large pinch of cilantro, dollop of sour cream, a teaspoon or capers and a slice of avocado.

Recipe by Toque Blanche.

www.HarwoodPodcast.com

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0