

## Chicken

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# Arroz Con Pollo a la Chorrera

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**Servings: 4**

### FOR THE MARINADE

**1 teaspoon Badia Complete Seasoning**

**1 tablespoon olive oil**

### FOR THE CHICKEN

**2 large skinless/ boneless chicken breasts (or 4 chicken thighs), cut into large pieces**

**4 tablespoons olive oil**

**1 clove garlic, smashed**

**4 to 5 cloves garlic**

**1/2 onion, finely chopped**

**1/2 red bell pepper, cut into short strips**

**2 cups Valencia-style (pearl) rice (like Goya's California Pearl Rice)**

**1/2 cup tomato sauce (or one tablespoon tomato paste)**

**1/2 to 1 packet Sazon Goya seasoning with annatto or azafran (saffron)**

**2 cups chicken broth**

**2 cups water**

**1 cup white wine or beer**

**salt and pepper (to taste)**

Place the chicken parts in a large zip-top plastic bag. Add the seasoning and olive oil. Zip the bag shut and squish around to coat the chicken. Set aside in the refrigerator for a half-hour or longer.

Take the marinated chicken out of the refrigerator. Heat a Dutch oven or large saute' pan and, when hot, add the oil. Gently tilt the pot so that the oil spreads in an even coat. Add the smashed garlic clove to flavor the oil. Stir it using a wooden spoon.

Once the oil and garlic are sizzling, add the chicken pieces, making sure that they do not touch. Using tongs, lightly sear the chicken pieces on each side and remove them quickly (uncooked) from the pot. Set aside.

If the pot is dry, add a touch more oil and allow it to heat. Add four to five cloves of garlic, onions and pepper to the pot, stirring with a wooden spoon. When the onion is just translucent, add the rice and stir quickly to toast it.

Once the rice begins to turn white, pour in the tomato sauce or paste (if using paste, add a touch of water to thin it), and stir. Add the annatto or saffron seasoning mix, stirring to blend.

Add the chicken broth, water and wine (or beer), and stir to combine. Taste the combined liquid and add salt and pepper to taste.

Once the pot comes to a light boil, return the chicken to the pot, nestling the pieces evenly beneath the simmer. Lower the heat (to low) and cover. Cook for 20 to 25 minutes, then check the progress of the rice. If rice is not yet tender, cover the pot and cook a little longer, checking every 5 minutes.

The rice should be creamy (like risotto) and soupy, beneath a veil of the thickened broth.

Serve immediately.

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Per Serving (excluding unknown items): 183 Calories; 18g Fat (85.4% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 387mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.