
RECIPE OF THE WEEK

Fricasé de Pollo Cubano

One of the best holidays Sara and I had was in Cuba. Generally the food was crap because of the American blockade and the loss of economic support from the USSR (hence the make-and-mend Cadillacs and Chevrolets) but what made up for it was the healthy educated people, dance and *spirito Buena Vista*.



Despite the lack of gourmet food we came across a *chi-chi* bar in Havana which featured the national dish of *Fricasé de Pollo* otherwise known as chicken fricasse in the southern US states and South America. Fricasé Cubano or 'Cuban stew' takes its inspiration from the French influence mated with Italian *sofrito* where the veg are steamed in their own juices lid-on and the sweet-and-sour of a *cacciatore* featuring olives, capers and raisins. A delightful meal on a humid Summer evening.

For the marinade

1 x 8 chicken legs or a 1.3 - 1.8kg chicken, jointed
1 tsp salt & 1/2 tsp fresh ground pepper
1 heaped tsp ground cumin
1 tsp heaped smoked paprika
1 tsp teaspoon dried oregano
1 bay leaf

6 garlic cloves, finely chopped

1 lime, juiced

1 lemon, juiced

1 orange, juiced

1 tbsp olive oil

For the sauce

3 tbsps olive oil

2 medium yellow onions, finely diced

2 yellow peppers, cored, seeded & chopped

6 garlic cloves, crushed

1/2 tsp smoked paprika

1 level tsp ground cumin

1 level tsp dried oregano

1 x 400g tin chopped tomatoes or homemade passata or 750g fresh

1 x 400g tin of water or chicken stock (omit if using fresh tomatoes)

7 or 8 small salad potatoes, quartered (and parboiled if not slow-cooking)

1 handful of olives

1 palmful of capers

1 palmful of raisins

2 bay leaves

salt & pepper to taste

20g parsley, finely chopped

Joint the chicken then rub with olive oil in a bowl followed by salt, pepper, cumin, oregano, and paprika. Add the finely chopped garlic, bay leaf and juice of a fresh lemon, lime and orange. Lid or clingfilm and marinate in the fridge for a few hours or overnight.

Fish out the bay leaf from the marinade (reserving the marinade) then brown the chicken using olive oil in a large iron casserole or skillet with a lid, turning occasionally. Use a lid to keep in the flavours and reduce splatter. Remove the chicken and set aside.

Next, sauté the onion and peppers in the juices until softened with the lid on then add the extra garlic, paprika, cumin and oregano and cook for another few minutes. Add a tin of tomatoes, the reserved chicken and marinade, potatoes, olives, capers and raisins then season with salt, pepper and parsley. Top up with water or chicken stock and simmer for about 25 to 30 minutes or slow cook until chicken and potatoes are fork tender. Serve with white rice and parsley. Serves 8.

To download this recipe go to www.squisito-deli.co.uk
