

Cazuela de Pollo (Chilean Chicken Soup)

Chilean food incorporates Spanish, Italian, German and French influences thanks to thousands of immigrants who flocked to the country during the 19th century.

Cazuela de Pollo is a typical dish eaten throughout the country. It is considered nourishing and healing.

Ingredients:

two whole chicken legs and two breasts (bone included) or one whole chicken

one half butternut squash, peeled, cored and divided in
6 pieces

one onion, chopped

3 ribs of celery, chopped

3 medium potatoes, peeled and cut in half

3 corn on the cob, cut in half

1 bay leaf

1 Tbs. salt (or to taste)

8 cups water

Pebre (Chilean salsa): (optional)

1/3 cup onion, minced

1/2 cup finely chopped cilantro

4 medium tomatoes, peeled, and finely chopped

1 to 2 Tbs. Tabasco or other hot sauce (to taste)

2 Tbs. vegetable oil
1 Tbs. fresh lemon juice
1 garlic clove, minced (optional)
2 tsp. salt, divided

Step One:

If using a whole chicken, cut in parts, removing legs and breast. Set carcass and wings aside (I bake these at 400 degrees while the soup is cooking). Remove the skin from the legs and breast. Put the chicken pieces in a pot, cover with water and bring to a boil. Let it boil for 5 minutes, removing scum as it comes to the surface. Drain the chicken, rinse with cold water, and wash the pot.

Return the chicken to the pot. Add chopped onion, celery, potatoes, corn, squash, salt and bay leaf. Add 8 cups water (add more or less depending on size of your pot) so that all veggies and chicken are covered.

Bring to a boil, turn heat to low and simmer for one hour.

Directions for pebre (salsa):

Mince the onions and sprinkle with one teaspoon of salt and let them sit while you prepare the other ingredients. Press them gently in a sieve and rinse them well in

running water. This helps soften the onion's texture and flavor.

Mix all of the ingredients together in a medium bowl and season with remaining 1 tsp salt.

When the soup is ready, serve in individual bowls, making sure each bowl has a piece of corn, potato, squash and some chicken.

Serve with pebre (salsa) and bread.

Enjoy!

Grocery list:

one whole chicken (or two whole chicken legs and two breasts with bone)

one butternut squash

two onions

3 medium potatoes

3 ears of corn (fresh or frozen)

one bunch celery

bay leaf

4 tomatoes

one bunch cilantro

Tabasco or other hot sauce

vegetable oil
one lemon
garlic (optional)
salt
baguette or other crusty bread