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TOP CHEF**

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**Now through November 4
enter your favorite, original chicken recipe!**

Name: Omar Polanco

Recipe Title: Pollo Guisado con Tostones

Recipe Ingredients:

Serving Size: 6

- 2lbs chicken
- 2 limes
- Adobo
- Caldo de pollo (Maggie)
- Red onions
- Sofrito
- Oregano
- Tomato paste
- Olives
- Oil
- Green plantains

Recipe Instructions:

1. Cut the chicken into small pieces, cleaning the fat and skin off, and then clean the pieces with water.
2. Then cut the lime into halves and rub the chicken with the lime.
3. Get the garlic and gently pound until it turns to a paste.

4. Take the oregano and add it to the chicken, then add the garlic paste, and then add the adobo.
5. Mix the ingredients and the chicken well, and marinate for half an hour.
6. In a pot over medium high heat, add oil, then after a while add sofrito, crushed caldo de pollo into the same pot with the oil.
7. Wait until mixture is bubbling, then when it is the chicken is added.
8. Salute the chicken until brown. Add water when needed.
9. When nearly cooked lower the heat, add the tomato paste, and the bell peppers, onions, and olives and stir gently.
10. Let simmer for a while then it's ready to serve.

Tostones

11. While the chicken is being cooked, the side dish is going to be made.
First take the green plantains and peel off the skin, then cut them crosswise into 1 inch-thick pieces.
12. While the slicing the plantains are happening get a pan and put oil and have it at mid-high heat.
13. Start by placing the plantain pieces in the pan for 2-3 minutes on each side, after that take them out of the pan, place them onto a paper towel to drain the excess oil.
14. With the bottom of a bowl or a flat object, flatten the plantains pieces until a nice 1/4 inch thick circle.
15. Then back to the frying pan until golden, so about 3 minutes, then they are ready to serve.