



Recipe: Ajiaco (ah-hee-AH-co), A Chicken, Corn and Potato Stew

COLOMBIA (IN SOUTH AMERICA)



INGREDIENTS (adult help needed)

- 4 chicken breasts with skin
- Salt and black pepper to season
- 3 tablespoons of unsalted butter
- 2 teaspoons of dried oregano
- 1 large white onion, finely chopped
- 6 cups of chicken stock
- 1 cup of water
- 2 pounds of potatoes peeled and cubed
- 3 ears of corn, cut into small pieces



Pat the chicken dry and season with salt and pepper. Brown the chicken in a saucepan with the butter, skin side down. Transfer the chicken to a plate.

Add onion and oregano to the pan and lightly fry for about five minutes.

Add the chicken, stock and water to the pan. Cover and simmer, stirring occasionally until cooked through for about 25 minutes.

Shred the chicken, add the potatoes, cover and simmer, stirring occasionally for about 10 minutes.

Add the corn. Cover and simmer, stirring occasionally for about 5-10 minutes.

Serve with cubed avocado and sour cream.