

POLLO GUISADO is a chicken dish that is part of the everyday Dominican table, when accompanied with white rice and beans is called “La Bandera” The Flag (same for any meat cooked this way). There is not one day that this dish is not at someone’s table for lunch (lunch is the heaviest meal normally in DR) which means millions are eating it every day. Once you learn how to do this, it will become a favourite guaranteed.

POLLO GUISADO

1 (4-5) Lbs Whole Chicken Cut Up (remove the skin)
2 Sour Oranges (if not available, use large lemons)
2 Tbsp Vinegar
1 Tbsp Adobo Seasoning Powder (any poultry seasoning you have will do)
3 Cloves of Garlic
1 Tbsp Dry Oregano or Thyme
1 Tsp of Kosher Salt
1 Medium Onion Roughly Cut
½ Large Bell Pepper Roughly Cut
2 Tbsp of Oil
1 Tsp of Sugar
2 Tbsp Tomato Paste
1 Tsp Capers
1 Tbsp Olives (pitted)
Fresh Cilantro (about ¼ from a bunch)

Tools: Large bowl, cooking spoon, everyday pan appx 12” with cover, mortar and pestle (or food chopper)

Prepping the chicken:

Use the juice of the sour orange or lemons with the vinegar to wash and clean your chicken. Once washed and cleaned, pat dry.

Marinating:

1. In a Mortar & Pestle crush the garlic, oregano (or thyme) and salt. Take the mixture and rub all over the chicken. If you don’t have a mortar & pestle, then crush finely using the flat side of the knife or use a chopper until you get a paste.
2. Add the Adobo Seasoning, add onion and bell pepper leaving out a few pieces aside and rub all in and place in a bowl.
3. Leave to marinate cover for either 1 hour or preferably overnight in the fridge.

Cooking Instructions:

1. In an everyday pan with cover add the oil and put on medium low heat. Immediately add the sugar. Carefully once the sugar starts to get a caramel dark color add the chicken. Do not stir, just cover and let it cook for about 8 – 10 mins on low med. Do not discard or clean the bowl. Leave aside.
2. Once time is up, to ensure all sides are getting the same color, flip the pieces, again, cover and let it cook for about another 8-10 minutes. The time depends on how fast the chicken is getting a medium caramel color.
3. As the liquid begins to dry add about 1/3 cup of water, stir and cover for another 8 minutes.
4. Use the bowl that you put aside and add remaining water, add the left-over onion, peppers, capers, tomato paste and cilantro, cover and put on low for about 40 -45 minutes and temperature has reached at least 165F.
5. The sauce will thicken, you should taste for salt.

Enjoy!!

PS it goes great with rice and beans 😊