

GUATEMALAN DISHES

JOCÓN

Chicken
3 green onions
1 bunch cilantro
1/2 bunch parsley
1 pound tomatillos
1 green bell pepper
2 slices of bread (previously soaked)
1 garlic clove
1 pound of potatoes (small)
Water
Salt

Cut the chicken into pieces and cook it in about 1 1/2 liters of salted water.

While the chicken is cooking, cook the tomatillos in a little bit of water.

Add the green onions, garlic clove, cilantro, parsley, bell pepper, tomatillos, bread, and water to a food processor and blend until smooth.

When the chicken is cooked, remove it from the broth and reserve 2 cups for use in preparing the Jocón later. Don't overcook the chicken because it will continue cooking with the sauce.

Cut the potatoes into small pieces and cook with water and salt until ready. Drain the potatoes when they're cooked.

Combine the chicken, potatoes, and green sauce in a pan. Boil for about 10 minutes and remove from heat. If the mixture is dry, add the reserved chicken broth to get the consistency you want.



From Panning The Globe

RELLENITOS

6 plantains
1 pound of black beans
 without salt
1 pound sugar
Cinnamon
Oil
Sour cream

Wash and cut the plantains into 3 or 4 pieces. Cook the plantains in a pot with enough water to cover them. Add cinnamon if you want. Boil the plantains until they're soft.

Once the plantains are cooked, remove the skin and mash them in a bowl.

Cook the beans in a pressure cooker to make them soft. Let them cool for 10 minutes, then blend them in a blender until smooth.

Add oil to a pan, cook the blended beans with sugar and cinnamon, stirring them constantly to get a thick consistency similar to pasta sauce.

Take a small portion of mashed plantains (as much as your palm can hold) and roll it into a small ball. Then flatten the ball into a circular disc. Place a small spoonful of the bean mixture in the middle of the plantain disc and wrap it into a rellenito shape or an oval shape.

Repeat until you finish all of the mashed plantains and beans.

Heat up oil in a pan. Fry your rellenitos.

Serve them with sour cream and sugar.

