

Colombian Ajiaco



Makes:

12 servings

Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Roaster with Cover

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Contributed By:

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3

pounds

chicken breast

(1.4

kg)

10

cups

water or chicken broth

(2.4

L)

¹/₂

pound

green onions

(227

g)

4

cloves garlic, shredded, use Cone #1

3

corn on the cob, cut into pieces

1

pound

yellow potatoes, sliced, use Cone #4

(454

g)

3

pounds

white potatoes, sliced, use Cone #4

(1.4

kg)

$\frac{1}{4}$

pound

pumpkin (optional)

(113

g)

$\frac{1}{4}$

pound

arracacha (root vegetable) (optional)

(113

g)

$\frac{1}{4}$

pound

fresh cilantro

(113

g)

3

ounces

dehydrated guascas or a branch of fresh guascas (Colombian herb)

(85

g)

$\frac{1}{2}$

pound

green peas

(227

g)

1

teaspoon

salt

(6

g)

1

cup

capers

(138

g)

1

cup

heavy cream

(240

mL)

cooked white rice, accompaniment

avocados, accompaniment

Directions:

1. Place chicken, water, onions and garlic in roaster. Cover and cook over medium heat until Vapo-Valve? clicks steadily.
2. Add corn and potatoes. Cover and let cook until potatoes are tender.
3. Add pumpkin and arracacha, if desired.
4. Add fresh cilantro and guascas. Cover and cook until chicken is tender.
5. Add peas and salt, and cook another 5 minutes.
6. Remove chicken, cilantro and onions. Shred chicken breasts using two forks and set aside.
7. To serve, spoon stew into a bowl. Add chicken and capers, and drizzle with heavy cream.
8. Serve stew with ¹/₂ cup of white rice and half avocado per serving, if desired.

Tips:

- Cook rice in Saladmaster MP5 (Multi-Purpose 5 Qt. Oil Core). For added flavor, add a couple of green onions or a little bit of chopped cilantro to the MP5 to cook with the rice.

Nutritional Information per Serving

Calories:

370

Total Fat:

9g

Saturated Fat:

5g

Cholesterol:

93mg

Sodium:

640mg

Total Carbs:

38g

Dietary Fiber:

6g

Sugar:

4g

Protein:

32g

Analysis does not include accompaniments (rice and avocado)