



el frijol feliz

escuela de cocina

Cooking Classes

Pepián (serves 6)

2 guaque (guajillo) chilies (dried, de-seeded and de-veined) *Note: dried chilies and spices can often be purchased online if not available locally.

2 pasa (poblano/mulato) chilies (dried, de-seeded and de-veined)

9 roma/plumb tomatoes (approx 1 lb)

1 medium white onion

3 large cloves garlic

1 quisquil (mirliton/chayote) *you could substitute a hard squash if quisquil not available

1.5 lbs potatoes or other root veggies (potatoes are more traditional)

4 oz raw pumpkin seeds (pepitoria)

4 oz sesame seeds (ajonjoli)

1 small bunch cilantro

6 large black peppercorns

6 cloves (clavo de olor)

½ stick cinnamon (cannela)

1 Tbsp dried oregano

1 whole chicken (can use chicken parts or breast fillets only if preferred)

Pepián is a simple stew with complex flavors. Layers of flavor are enhanced by roasting each ingredient to bring out the full fragrance of each.

Cut whole chicken into 8 or more pieces. Can be cooked skin on or off to personal preference. The bones are included and add flavor to the dish. Boil chicken in a stock pot in roughly 3 liters/quarts of water. Water should cover the chicken by about 2 inches. Add 1 heaping tablespoon of salt and ¼ onion to the water while the chicken boils.

While the chicken is boiling, roast the dried chilies (de-seeded and de-veined) over a medium low flame on a comal or flat pan until very dry and fragrant. Once roasted, crumble chilies into a mixing bowl. All roasted ingredients will be combined in this bowl.

Roast raw pumpkin seeds until toasted. Add to mixing bowl.

Roast sesame seeds until lightly toasted. Add to mixing bowl.

Roast one whole onion cut into sections with 6-8 black whole peppercorns and 6 cloves plus 3 large cloves of garlic. Add to mixing bowl.

Roast/toast fresh cilantro the same as the other ingredients. This will become very fragrant. Add to mixing bowl.

Roast tomatoes. These take the longest to roast. They are likely to become black but should be roasted until soft. Add to mixing bowl.

Roast 1 tablespoon of dried oregano. Add to mixing bowl.
Roast ½ stick cinnamon until dry and fragrant. Add to mixing bowl.

In a separate bowl cut peeled potatoes into large chunks. Cut quisquil into thick slices and peel. Cut remaining onion into chunks. These will be added to the chicken pot once chicken is mostly cooked.

Combine all roasted ingredients and add 3 1/2 cups water. Blend liquid and roasted ingredients in a blender to combine fully. Add the mixture to the chicken pot. Continue cooking at a rolling boil until the sauce reduces some and all ingredients are cooked through. The sauce is typically thin like a soup. This dish can be served in a bowl as a stand alone meal or with rice. Typical Guatemalan meals include rice or tortillas. Often both rice and tortillas are eaten with a main dish.

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