



el frijol feliz
escuela de cocina

Cooking Classes

Jocón con Pollo

- 3 lbs chicken (typically one whole chicken)
- 4 oz tomatillo (cut in half)
- 10 green onions (scallions), (1 large bunch)
- 1 bunch cilantro
- 1 bunch parsley
- 2 large green tomatoes
- 2 cloves garlic
- 1 medium white onion
- 3 green bell peppers
- 1 tablespoon salt
- 5 whole black peppercorns, cracked
- 2 tablespoons vegetable oil

Jocón is a thick spicy green stew that is often referred to as a soup. This is one of the hottest dishes in Guatemalan cuisine. Even with that, the dish isn't too spicy for most people. The tomatillos provide just enough heat to warm up the otherwise cold vegetables. The base of this stew is all veggies but you can add extra vegetables if desired or substitute root vegetables or tofu in place of chicken to make a vegetarian alternative.

Tomatillos may be sold under a variety of names (miltomate, husk tomato, jamberry, Mexican tomato, or ground cherry). They look like small green tomatoes with a small husk. When the husk is removed the surface texture is slightly sticky. They also smell a bit warm or spicy, like a pepper.

The dish is typically made with a whole chicken. Cut the chicken into 8 or more pieces with bones included. Bones are typically cooked with stews and soups in Guatemalan cuisine to add flavor but boneless chicken would work just as well in this dish if preferred. In a stock pot, add about 2 tablespoons of vegetable oil, just enough to coat the bottom of the pot. Lightly brown the chicken in the oil.

While the chicken is browning, chop all remaining ingredients, except the salt and pepper and puree them with 1-2 cups of water. You may need to puree in two batches. Rather than adding additional water, after the first batch pour roughly 75% of blender's contents out keeping 25% which is enough liquid to puree the other dry ingredients in batch two. Once all the ingredients are pureed, pour it into the stock pot with the chicken. Add the 5 cracked peppercorns to the stew along with a tablespoon of salt.

Cover and simmer until chicken is cooked through, approximately 30 minutes.
Serve with rice (Serves 6)

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