

Sunvil Supper Club

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April 2016 - Panamanian Stew (Sancocho)



Ingredients

- 1 chicken, cut into pieces
- 1 tbsp of oil (your choice)
- 3 garlic cloves, pressed
- 2 tbsp of oregano
- 1 tsp of black pepper
- 4 tbsp of culantro (corriander), chopped
- 1 large onion, chopped into bite-size pieces
- 3 pounds of starchy vegetables (otote, name/yams, yuca/cassava, green plantains)
- 2 ears of corn, broken into 1 inch pieces
- 3 tsp of salt (to taste)

Method

Prepare the chicken by seasoning with the garlic, oregano, and pepper. In a heavy pot, brown the seasoned chicken in the oil over a medium flame and allow to sweat.

Set a little culantro aside for garnish at the end. Add the rest of the culantro, onion and water, making sure the water covers the chicken.

Bring the mixture to a boil and then reduce to a low simmer for around 20 minutes. Meanwhile, peel the root vegetables and cut into bite-size pieces.

After the chicken has simmered for 20 minutes, add the root vegetables. Cook until everything softens, for about one hour. Make sure that you keep adding water so that the vegetables stay about an inch under water.

Add the corn and cook for a further 15 minutes until the corn is tender. Season with salt to taste.

Garnish with the reserved chopped culantro and serve.

Sancocho is the National dish of Panama and probably the most popular soup (virtually a stew) in Central America.

It originates from the Azuero peninsula, and is made with chicken, vegetables, tomatoes, coriander, ñame and Yuca. Like many Latin America dishes, it can vary slightly from region to region.

Panamanian chefs make this national dish their own by tossing in extra ingredients such as rice, mazorca (corn on the cob), carrots, green chiles, plantains, and ote.

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