

Peru

Aguadito – a soup recipe (6-8 servings)

Ingredients:

1 whole chicken cut up
1 stem of celery
1 carrot peeled
½ onion (for the broth)
1 cup of peas
2 teaspoons of minced garlic
1 small bundle of cilantro
1 large onion finely diced
1 tablespoon minced “aji” (sweet chili pepper)
4 large potatoes quartered
1 cup of rice
½ of a red pepper cut in strips
2 chicken bouillon cubes
½ cup of dark beer
13 cups of water
salt and pepper to taste

Preparation:

1. Boil chicken with celery, the half onion, and the carrot until the chicken is cooked. Remove and save the chicken pieces, set aside the broth, and throw away the vegetables.
2. Dry the chicken pieces and fry them in a pan with hot oil. Then remove the chicken and in the same oil cook the garlic, “aji” and diced onion.
3. In a blender put cilantro with a little bit of water and blend for 1-2 minutes.
4. Stir into the broth the garlic, onion and aji from the frying pan, the liquidated cilantro, the beer, water, and bouillon cubes and bring to a boil. Then add the peas, rice, and red pepper strips. When the rice is about half way cooked add the potatoes, peas and chicken pieces and cover. Let it cook over a low flame until all the ingredients are cooked. Add more water if necessary.