



Ima's Kitchen

BRINGING ISRAELI FOOD TO YOU

CHICKEN SOFRITO

Sephardic dish - A chicken and potatoes roast.

INGREDIENTS

- 6 chicken thighs
- 6 medium potatoes
- Salt
- Cooking oil
- 1 tsp. of Baharat (or can use Garam Masala)
- 1/2 tsp. of white pepper

PREPARATION

- Peel and wash the potatoes.
- Slice to 1/4 inch slices. Put in a towel to soak all extra liquid from the potatoes.
- Clean the chicken.

LET'S COOK!

- FILL A SMALL DEEP POT HALFWAY WITH OIL AND HEAT ON HIGH HEAT (TO CHECK IF HOT ENOUGH - PUT A TOOTHPICK IN THE OIL. IF THERE ARE BUBBLES AROUND IT - IT'S HOT ENOUGH).
- ADD A PINCH OF SALT AND FRY POTATOES IN THE OIL UNTIL THEY ARE GOLDEN BROWN. WHEN FRIED ENOUGH TAKE OUT AND PUT ON PAPER TOWELS TO SOAK THE OIL.
- SPREAD A LITTLE BIT OF SALT ON THE FRIED POTATOES. PUT ASIDE.
- USING A WIDE POT, PUT THREE TABLESPOONS OF OIL IN (YOU CAN USE SOME FROM THE OIL YOU FRIED THE POTATOES IN) AND HEAT UP.
- PUT THE CHICKEN IN THE POT AND FRY FOR ABOUT 4 MINUTES UNTIL IT IS SLIGHTLY BROWN. FLIP OVER AND FRY MORE (IT IS IMPORTANT TO MAKE SURE ALL CHICKEN PARTS COOK EVENLY IN THE POT).
- SPRINKLE THE WHITE PEPPER AND BAHARAT (OR GARAM MASALA) OVER THE CHICKEN.
- COVER THE CHICKEN WITH WATER AND MIX THE SPICES.
- COVER THE POT UNTIL THE WATER BOILS, THEN TURN THE HEAT DOWN TO MEDIUM.
- COOK FOR 45 MINUTES WITH THE COVER ON.
- ADD THE FRIED POTATOES AND COVER.
- LET IT COOK FOR 3-4 HOURS, MAKING SURE THERE'S ALWAYS A LITTLE BIT OF LIQUID IN THE POT.

BETE'AVON (BON APETIT)!

