

Guatemalan Pepián De Pollo

Pepián de pollo, or chicken pepián, is one of the oldest Guatemalan chicken recipes. This Guatemalan chicken stew is rich in flavors and filled with roasted spices.

Ingredients

- 1 Chicken
- 1 Cinnamon stick
- 4 Ounces sesame seeds
- 4 Ounces of pepitoria seeds (pumpkin seeds)
- 1 Guaque pepper (guajillo pepper)
- 2 Pasa peppers (pasilla/poblano peppers)
- 1 cold tortilla
- 2 Pounds of tomatoes, coarsely chopped
- 4 Ounces of green tomatoes or tomatillos (miltomates), coarsely chopped
- 2 Red bell peppers, coarsely chopped
- 2 Garlic cloves
- 1 Onion, coarsely chopped
- 1 Bunch of cilantro
- 3 Carrots cut into cubes
- 1 Güisquil (chayote) cut into cubes
- 3 Potatoes cut into larger cubes
- ½ Pound green beans, cut into pieces
- Salt to taste



Instructions

1. In a comal or a metal skillet, place the cinnamon stick, sesame seeds, pumpkin seeds, guaque pepper, pasa peppers, and the tortilla and grill them together. Let them cool down before blending.
2. Blend all the ingredients in step one with a glass of water. Then, put them through a strainer. If you use a mill, you do not need to add any water.

3. Separately, roast the tomatoes, tomatillos, bell pepper, garlic, and onion. After letting them cool down, blend them, adding only a sprig of cilantro (set aside the rest). Put them through the strainer for a smooth sauce.
4. Cut the chicken into pieces and cook it in approximately 3 liters of water and salt to taste. When the chicken is fully cooked, remove it from the water, setting it aside. Add the carrots, güisquil, potatoes, and green beans.
5. Add the two sauces that you blended previously and the rest of the cilantro. Continue cooking over low-medium heat until all the vegetables are tender. If the sauce seems a little thick, use the boiled water from the chicken to thin it out a little.
6. Serve your Pepián in a bowl as a stand-alone meal or with white rice and corn tortillas.

Nutrition Information: SERVING SIZE: 12 oz

Amount Per Serving: CALORIES: 410



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