

Arroz con Pollo or Tofu (Chicken or Tofu with Rice)

Adapted from Jane Brody's Good Food Book, W.W. Norton and Company, 1985

1 large broiler-fryer (3-3.5 lbs), skinned, trimmed of fat and cut into small pieces (or 4 chicken breasts / thighs depending on your diner's preferences) **OR** 2 16-oz blocks of extra firm tofu

¼ tsp turmeric

1/8 tsp saffron (I just use a little more turmeric)

1 Tablespoon lemon juice

2 Tablespoons vegetable or olive oil, divided

1.5 cups long grain brown rice

1 large clove garlic, finely minced (1 tsp)

1 large onion, coarsely chopped (1 cup)

2.5 to 3.5 cups broth (I use chicken or vegetable)

½ tsp oregano

¼ tsp freshly ground black pepper

¼ tsp paprika

1 28-oz can tomatoes with their juice

1 dried chili pepper, crushed **OR** hot red pepper flakes, to taste (optional)

2 Tablespoons minced fresh parsley *or* 2 tsps dried parsley flakes

1 10-oz package frozen peas

½ c. sliced black olives

¼ c. chipped pimiento

1. Place chicken (or tofu) in a bowl. Combine turmeric, lemon juice, salt and 1 T oil, and pour over protein to cover all the pieces. Refrigerate for at least 30 minutes (or overnight).
2. Heat 1 T oil in non-stick skillet. Remove protein from marinade, reserving the remaining marinade. Brown protein in oil, and then remove from pan.
3. Add the rice to the pan and "fry" it for 3 -5 minutes, stirring constantly to coat it with oil and toast the grains. Stir in the garlic and onion, and fry them for 1 to 2 minutes, still stirring. Transfer the rice-vegetable mixture to a Dutch oven and then add 2.5 cups broth, the oregano, pepper and paprika. Stir the ingredients to combine, bring the mixture to a boil, reduce heat to low, cover pot tightly, and cook the rice for 30 minutes.
4. Stir in the reserved marinade (if any), tomatoes and their juice, chili pepper and parsley, arrange protein on top of the rice, cover the pot, and cook over low heat for 30 minutes or until the protein is nearly done. Check once or twice and add more broth if needed.
5. Sprinkle the peas, olives and pimiento over the top of the protein, add more broth or water if necessary, cover the pot, and cook for another 5 or 10 minutes until the protein is tender, the rice fairly dry, and the peas hot.

BON APPETIT!