



Chicken Ropa Vieja

Serves 8

Dara O'Brien



From "The Latin Road Home" by Jose Garces, Lake Isle Press, 2012

INGREDIENTS

Chipotle Chile Sauce

- 4 canned chipotle chiles in adobo, with sauce
- 1 cup ketchup
- 2 Tbsp (4 to 6 cloves) Roasted Garlic (See Note)
- 1 cup chicken stock
- 2 Tbsp Spanish smoked sweet paprika
- Kosher salt

Poached chicken

- 2 lb boneless, skinless chicken thighs
- 1 Spanish onion, coarsely chopped
- 1 fresh bay leaf
- 3 to 4 Tbsp kosher salt

Ropa Vieja

- ¼ cup vegetable oil
- 2 Spanish onions
- 2 to 3 red bell peppers
- ¼ chopped minced garlic (12 to 16 cloves)
- Kosher salt

PREPARATION

TO MAKE THE CHIPOTLE SAUCE, combine the chiles, ketchup, roasted garlic, stock, and paprika in a blender and purée the mixture until very smooth. Season to taste with salt.

TO POACH THE CHICKEN, bring a large saucepan of water to a boil and add the onion, bay leaf, and salt. Add the chicken and simmer for 10 to 12 minutes, until just cooked through. Lift the chicken out of the water with a slotted spoon, drain it, and set aside to cool. (Discard the cooking liquid.) Shred it by hand into bite-size pieces.

TO MAKE THE ROPA VIEJA, heat the oil in a large sauté pan over medium heat. Cook the onions, bell peppers, and garlic, stirring often, until translucent, about 10 minutes. Add the chipotle sauce and cook at a gentle simmer until the whole mixture has reduced by one-quarter, 15 to 20 minutes. Fold in the chicken and season to taste with salt.

Roasted Garlic

Makes about ¾ cup

A versatile and easy method for roasting garlic is to cook it gently in oil, similar to the manner in which you would confit a protein or dense vegetable. Not only does the garlic cook evenly, but it can be stored for up to two weeks, submerged in its cooking oil. Also, the oil is extremely useful in marinades and is great for dressing vegetables before roasting or grilling.

- 1 cup peeled garlic cloves
- 2 cups vegetable oil

Preheat the oven to 325°F.

Combine the garlic and oil in a shallow baking dish made of glass or other nonreactive material. The garlic cloves must be completely submerged, or they will not cook evenly. Cover the baking dish tightly with aluminum foil and bake until the garlic is very tender and lightly caramelized, 45 minutes to 1 hour.

Take the baking dish out of the oven and allow the garlic and oil to cool to room temperature

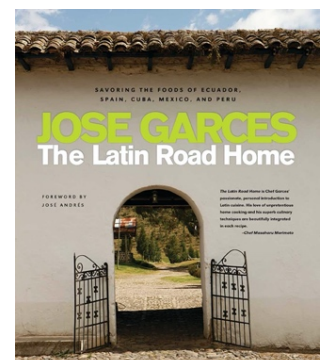
The Latin Road Home

by Jose Garces

Lake Isle Press, 2012

Spanning cultures and continents, *The Latin Road Home* looks at the many food traditions that have shaped Jose Garces' culinary life. Part cookbook, part travelogue, part literary food memoir.

The book makes its way through Ecuador, Spain, Cuba, Mexico, and Peru—extraordinary cuisines Garces has come to know, love, and master and features over 100 recipes tailored to the home cook, accompanied by over 100 food and travel photographs.



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