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Arroz de Galinha (Portuguese Chicken and Rice)

Introduction

Arroz de Galinha, or Portuguese Chicken and Rice, is a comforting and hearty dish that reflects the rich culinary traditions of Portugal. This one-pot meal combines tender chicken with flavorsome rice, vegetables, and a blend of spices, making it a delightful option for family dinners or gatherings. Whether you're familiar with Portuguese cuisine or trying it for the first time, this recipe is sure to impress.

Detailed Ingredients with measures

1 whole chicken, cut into pieces

2 cups of long-grain rice

4 cups of chicken broth

1 large onion, chopped

2 cloves of garlic, minced

1 red bell pepper, diced

1 cup of frozen peas

1 tsp of paprika

1/2 tsp of saffron threads (optional)

1/4 cup of olive oil

Salt and pepper to taste

Fresh parsley, chopped for garnish

Prep Time

Prep Time: 15 minutes

Cook Time, Total Time, Yield

Cook Time: 45 minutes

Total Time: 1 hour

Yield: Serves 6



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Detailed Directions and Instructions

Step 1: Prepare Chicken

In a large pot, heat a little olive oil over medium heat. Season your chicken pieces with salt and pepper, then brown them in the pot for about 5 minutes on each side. Remove the chicken and set aside.

Step 2: Sauté Aromatics

Add diced onions and garlic to the pot. Sauté until the onions are translucent and fragrant, about 3-5 minutes.

Step 3: Incorporate Rice and Seasoning

Stir in the rice, allowing it to toast for a couple of minutes. Make sure each grain is coated in oil. Then add paprika, saffron, and additional seasonings as desired.

Step 4: Add Liquid

Pour in chicken stock and increase the heat to bring it to a simmer. Return the browned chicken to the pot, submerging it in the liquid.

Step 5: Simmer

Cover the pot and reduce the heat to low. Let the dish simmer for about 20-25 minutes, or until the rice is tender and has absorbed most of the liquid.

Step 6: Final Preparations

Once cooked, remove the pot from heat and let it sit covered for an additional 5 minutes. Fluff the rice with a fork and add chopped fresh herbs if desired.

Step 7: Serve

Serve the arroz de galinha warm, garnished with additional herbs or lemon wedges, if you like.

Notes

Note 1: Chicken Variations

You can use various parts of the chicken, such as thighs or drumsticks, depending on your preference.

Note 2: Stock Option

Using homemade chicken stock will enhance the flavor of the dish significantly.

Note 3: Spice Level

Adjust the amount of paprika to suit your taste; smoked paprika can add a nice depth of flavor.

Note 4: Add-Ins

Consider adding peas or bell peppers for extra color and nutrition.

Note 5: Leftovers

Leftovers can be stored in an airtight container in the refrigerator for 3-4 days. Reheat thoroughly before serving.



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Cook techniques



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