



Arroz de Galinha (Portuguese Chicken and Rice)



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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 flavorful 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.

See also [Steamed Mussels in Tomato Cream Sauce Recipe](#)

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

Searing Chicken

Searing the chicken in a hot pan enhances its flavor and creates a beautiful golden crust, which adds depth to the overall dish.

Building a Flavor Base

Sautéing onions, garlic, and bell peppers provides a fragrant base, layering flavors that will infuse the rice and chicken as they cook.

Deglazing the Pan

Adding liquid to the pan after browning the chicken captures all the flavorful bits stuck to the bottom, enriching the dish's overall taste.

See also [Chicken Florentine Soup](#)

Simmering

Simmering the rice allows it to absorb the flavors from the chicken and spices, resulting in a cohesive and delicious meal.

Resting

Letting the dish rest after cooking allows the flavors to meld and enhances the dish's overall taste and texture.

FAQ

Can I use brown rice instead of white rice?

Yes, but keep in mind that brown rice will require a longer cooking time

and more liquid.

Can I add other vegetables?

Absolutely! Feel free to include vegetables such as peas, carrots, or corn for added flavor and nutrition.

What type of chicken is best for this recipe?

Bone-in, skin-on chicken pieces, such as thighs or drumsticks, are recommended for maximum flavor.

Can I make this dish in advance?

Yes, it can be prepared in advance and reheated, though it's best enjoyed fresh.

How can I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to three days. Reheat in the microwave or on the stovetop.



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Conclusion

Arroz de Galinha, or Portuguese chicken and rice, is a comforting dish that reflects the vibrant flavors and culinary tradition of Portugal. This one-pot meal is not only satisfying but also showcases the harmonious blend of spices, herbs, and savory chicken. It's perfect for a family dinner or a gathering with friends, providing warmth and richness in every bite.

More recipes suggestions and combination

Caldo Verde

A traditional Portuguese kale soup that's hearty and comforting, often made with potatoes, onions, and Portuguese sausage.

Bacalhau à Brás

A delicious codfish dish made with shredded cod, onions, and thinly sliced fried potatoes all bound together with scrambled eggs.

See also Eggless Microwave Chocolate Cake

Feijoada

A rich and flavorful Brazilian bean stew with various meats, typically served with rice and orange slices.

Chicken Piri Piri

Grilled chicken marinated in a spicy chili sauce, perfect for those who enjoy a little heat along with their meal.

Pastéis de Nata

Traditional Portuguese custard tarts that make for a delightful dessert, known for their crispy pastry and creamy filling.



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