

John Jackson's "World Class 'Arroz con Polo y Frijoles Negros'

Rice and Chicken with Black Beans

I use Vigo Yellow Rice with Saffron (package) and Goya Black Beans (can), also, keep in mind that dark meat chicken (thigh) cooks a little slower and do not dry out as much as the Breast, but both can be used with this recipe, with the moisture included...., and, some people prefer one over the other,... err on the side of more moisture, not less, the Chicken absorbs some... so, use whatever you like.. get a small can of Sweet Green Peas... Just for you Purists..

Also, this can be made in the oven or on stove top, it is a lot easier to do in the oven if you are making it for more than 4 or 5 people..

All quantities will have to be adjusted by the number of people you are going to serve... Let the Quantities on the Rice be a Guide+/-

First ... Make a "Suflet" ...Olive oil, water, chopped onion, Garlic, chopped Black and Green olives a little Cilantro and some Capers in a appropriate size skillet.. (That is Southern for Frying Pan) Heat everything up to Medium Hot and add the Chicken.. We want to sear and slightly cook mostly the outside, to help seal in the flavors.. We are NOT wanting to Cook the Chicken through, now.. Be sure and Sear both sides.

As you are doing this, have the Rice coming to a boil in a Pan with the appropriate amount of water and a couple of Table spoons of Olive oil. Bring it to a Boil for at least one minute..

OVEN...

NOW... Put the Seared Chicken pieces in the oven pan or baking dish and pour the hot Rice mixture over it.. Using the Suflet as part of the Liquid requirement... mix it in good...

Cook, Covered... in the oven for about 45min +/- @ 375 +/- depending on your oven..... Remove the cover at 30 min. if it is overly moist.. Some of the rice on the sides and bottom may get over done, That's Good.. 5 Min. before it's done, pour the DRAINED Green Peas down the center of the Pan in a green row...

Stove top... Simply add the Chicken and sufler to the Hot Rice mixture, bring it to a boil, than, immediately (on Electric Stove top,.... you can give it a few seconds on Gas) Turn down to low/med,, and cook for 35Min. +/- depending on the Quantity.. again, 5 min. before it is done, add the Green Peas

Black Beans...

While the Rice and Chicken is cooking, Have the Black Beans heating in a Pot and add TWO TABLESPOONS of Vinegar (I like Red Wine Vinegar), Per Can of Beans.. This gives the Beans that World Famous Cuban Bite...

When all of this is ready, serve it with The Chicken on top of a Couple Spoon full of Rice and serve the Black Beans to the side, with some Chopped Onions sprinkled over them...

This dish is an EXCILLENT = "Left Over" Dish good Days later..

If I have left something out, Let Rocky Know... The Quality of this Dish depends on how many people are "Helping" you prepare it... and Who is mixing the drinks...