

Chicken Fritada Recipe

(Filipino Recipe)

Ingredients: Serves 4 - 6

1 whole chicken (about 1½ kg), cut into serving pieces
2 tablespoons lard or any cooking oil
500 g baby or new potatoes, washed and scrubbed
5 cloves garlic, peeled and crushed
1 large onion, peeled and finely sliced
2 ripe tomatoes, removed seeds and diced
1½ teaspoons salt
½ teaspoon black pepper
2 cups hot chicken stock
1 red capsicum, washed and cut into strips
1 green capsicum, washed and cut into strips

Method:

Reserve the chicken neck, back and wing tips for making stock. Heat lard in large frying pan and fry garlic and onion until transparent and aromatic. Add chicken pieces and brown on both sides. Add tomatoes, salt, pepper and chicken stock. Cover and cook on medium heat until chicken is half done. Add potatoes (if they are large, halve or quarter) and capsicum strips. Cook until potatoes are tender and dish onto serving plate. Serve hot with white rice.

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