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Cooking with the Club

with Chef Robert Larios



MEXICAN CHRISTMAS CUISINE: CHICKEN POZOLE

There are many wonderful dishes made especially for Christmas around the world. One of Mexico's favorites is *pozole*. *Pozole* is a hearty soup traditionally served during the holiday season. It is typically made with pork, but I have decided to make it with chicken.

The flavors created with this dish are comforting and delicious. If you have a Crock-Pot (slow cooker), you slow-cook this soup for hours and hours to extract the full potential. You can have tortillas with it, but tradition calls for tostadas, which are crispy tortillas. While it may sound strange, shredded cabbage is a wonderful addition to *pozole*. It adds a crunchiness that is unique to this dish.

Merry Christmas and happy holidays to all Chef Larios' fans! On these beautiful days and nights, may you celebrate your friends and family with food from the heart.

Chicken Pozole

Makes 6 Servings

INGREDIENTS:

- 1 pound boneless chicken breast
- 1 tablespoon extra virgin olive oil
- 1/2 cup onion, diced
- 1 clove garlic
- 4 cups chicken broth
- 2 tablespoons dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly cracked pepper
- 1 teaspoon chili flakes
- 2 cups hominy
- cabbage, shredded
- lemon or lime juice
- El Tapatio hot sauce (optional)
- tostadas (optional)

Cooking TIDBIT

You may serve with cilantro and radishes to add to the flavor of this dish.

DIRECTIONS:



1 Cut the chicken breast into large chunks. Season with a pinch of salt and pepper. Add olive oil to a skillet or pan in medium heat and add the chicken. Let brown and then let cool to shred with a fork.



2 Add the diced onion and garlic, then the chicken broth and the shredded chicken to a large pot. Now add the chili flakes, oregano, and the rest of the salt and pepper. Let cook until it reaches to a boil then reduce heat to a simmer. Let cook for about an hour, then add the hominy and let cook for additional 30 minutes.



3 Take a bowl and add the *pozole* along with the shredded cabbage, the juice of a lemon and some hot sauce (optional).



4 Plate and enjoy!

[A Cook's Dictionary]

Pozole:

A thick, hearty soup usually eaten as a main course. It consists of pork (sometimes chicken) and broth, hominy, onion, garlic, dried chiles and cilantro. It's usually served with chopped lettuce, radishes, onions, cheese, and cilantro, which diners can add to the soup as they please. Pozole originated in Jalisco, in the middle of Mexico's Pacific Coast region, and is traditionally served at Christmastime.

Bibliography: © Barron's Educational Services, Inc. 1995 based on *The Food Lover's Companion*, second edition, by Sharon Tyler Herbst.



Fun Food Quote:

"Eat your *pozole* while it is still hot!"

– Frida Cahlo

