
Arroz con Pollo

Casa Amigos Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992

Servings: 1

2 tablespoons butter or margarine
1/4 cup dry sherry
1 teaspoon chopped fresh garlic
1 ten ounce chicken breast, cut in 1/2 inch cubes
1/4 teaspoon Worcestershire sauce
1 cup mushrooms, chopped to 1/4 inch dice
2 tablespoons green onions, chopped
1/2 teaspoon black pepper
1/2 cup sour cream
1 tablespoon lemon juice
1 medium fresh tomato
10 ounces cooked white rice

Make the white rice. Set aside and keep warm.

Quarter the mushrooms. Chop the onions. Chop the tomato. Place the tomato in a blender and puree'. If making a large amount of Arroz con Pollo, you can use a canned crushed tomato if you prefer, approximately 5 ounces per serving.

In a hot skillet, saute' the chicken with olive oil, sear on all sides. Add the garlic and sherry. Lower the heat to medium and simmer.

When the chicken is two-thirds cooked, add the sour cream, tomatoes, lemon juice, pepper and Worcestershire sauce. Using a rubber spatula, combine well until you have a semi-thick sauce. Turn the heat to low. Add the mushrooms and green onions. Simmer for 3 to 5 minutes.

Place the white rice on a plate. Using the bottom of a spoon, make a ring by pushing the rice toward the outer edge of the plate (this will present an edge that will prevent the sauce from running off the plate). Place the chicken and sauce in the center of the plate.

Garnish with a lemon wheel or wedge and sprinkle parsley on the top for added color.

Chicken

Per Serving (excluding unknown items): 1437 Calories; 75g Fat (49.7% calories from fat); 75g Protein; 97g Carbohydrate; 4g Dietary Fiber; 299mg Cholesterol; 518mg Sodium. Exchanges: 5 Grain(Starch); 8 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 1/2 Fat; 0 Other Carbohydrates.