

Stewed Chicken (Galinha Estufada)

Ingredients:

- 4 tablespoon olive oil
- 1 medium onion, coarsely chopped (about 1 cup)
- 1 large very ripe tomato, peeled seed and coarsely chopped
- 1/2 tablespoon sweet paprika
- 2 cloves garlic, finely chopped
- 1 bay leaf
- 1/2 cup white wine (optional)
- 1 2 1/2 to 3 pound chicken, cut up, rinsed
- 3 1/2 cups water
- 1 1/2 cups converted rice or other long-grain rice
- 2 teaspoons coarse salt or to taste
- 1/4 teaspoons black pepper to taste
- 1/2 cup peas, frozen or fresh, shelled
- 2 tablespoons finely chopped fresh parsley

Directions:

1. Heat the oil in a 5-quart Dutch oven over medium-high heat. Add and saute the onions until a light golden color, about 10 to 15 minutes.(This is called "refogado"
2. Put in the tomatoes, paprika, garlic and bay leaf. Reduce the heat, cover, and simmer until the tomatoes are soft and partially dissolved, about 15 minutes.
3. Pour in the wine, if using, and simmer for 2 more minutes. Add the chicken and water, adding extra water if needed to just cover the chicken. Recover the pot tightly and bring to a boil over medium-high heat. Reduce the heat and simmer the chicken for 15 minutes.
4. Toss in the rice, salt and pepper. Stir, recover, and continue to simmer for another 20 minutes. Stir in the peas and 1 tablespoon of the parsley. Simmer for 5 minutes more or until the meat is nearly falling off the bone. Remove the pan from the heat. Let the stew stand for 10 minutes before serving. Garnish with additional parsley. The rice should be tender and the liquid should be absorbed.