**Recipes from Panama**

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**COCONUT RICE WITH GREEN PIGEON PEAS**

2 cups of Thai jasmine-scented white rice

2 cups water

1 cup good-quality coconut milk (not lite)

½ teaspoon salt

1 can of green pigeon peas

2 to 3 tablespoons dry shredded coconut (unsweetened or sweetened; baking type)

Preparation:

Place rice in rice cooker. Add the water, coconut milk, salt, green pigeon peas, and shredded coconut. Stir well; use a plastic or wooden utensil to avoid scraping off the non-stick surface. Cover and set to cook. Once your rice cooker switches to “warm” mode, allow another 8 to 10 minutes for the rice to finish steaming. This will ensure your coconut rice is cooked.

**ROAST CHICKEN WITH POTATOES**

Ingredients:

2 garlic, finely chopped

1 teaspoon curry

salt to taste

2 tablespoons oil

1 tablespoon dry oregano

freshly ground pepper to taste

chicken pieces

2 medium onions

2 carrots, peeled

4 potatoes, peeled

1/2 cup white wine

1 tablespoon chicken seasoning concentrate

1 sprig of basil

Preparation:

Mix the garlic, curry, salt, oil, oregano and pepper in a bowl. Then add it to the chicken and let it rest for 15 minutes well covered.

Preheat the oven to 350°F.

Cut the onions, carrots, and potatoes into medium cubes and place them on a baking sheet.

Add the wine, chicken pieces, chicken seasoning concentrate, and basil.

Cover with foil and put in the oven for 35 minutes at 350°F.

Take the chicken out of the oven, remove the broth that has been released, and put it back in for 10 minutes, without the foil. Then flip it over and cook for 10 more minutes or until golden.

Remove from the oven and let stand for a few minutes before serving.

**RIPE PLANTAINS**

Ingredients:

3 ripe plantains

4 tablespoons butter

1 cup water

1/2 cup brown sugar

5 cloves

2 cinnamon twigs

Preparation:

Cut the ends off each plantain and make a transversal cut to completely remove the shell, then chop into 4 or 5 pieces.

Warm the butter into a casserole over medium heat. Add the pieces of plantain and move them with the help of a wooden paddle until golden on all sides.

When all of the pieces are golden, add the water together with the sugar, cloves, and cinnamon sticks, and cook until the sauce is reduced a little.

When the preparation has acquired a caramelized texture, turn it over, bathe the pieces with the sauce and let them cook on the other side for a few minutes.

Remove from the heat when the sauce has a thick consistency.

Serve and enjoy with chicken and rice.