

# Pepián Verde de Pollo y Choclo

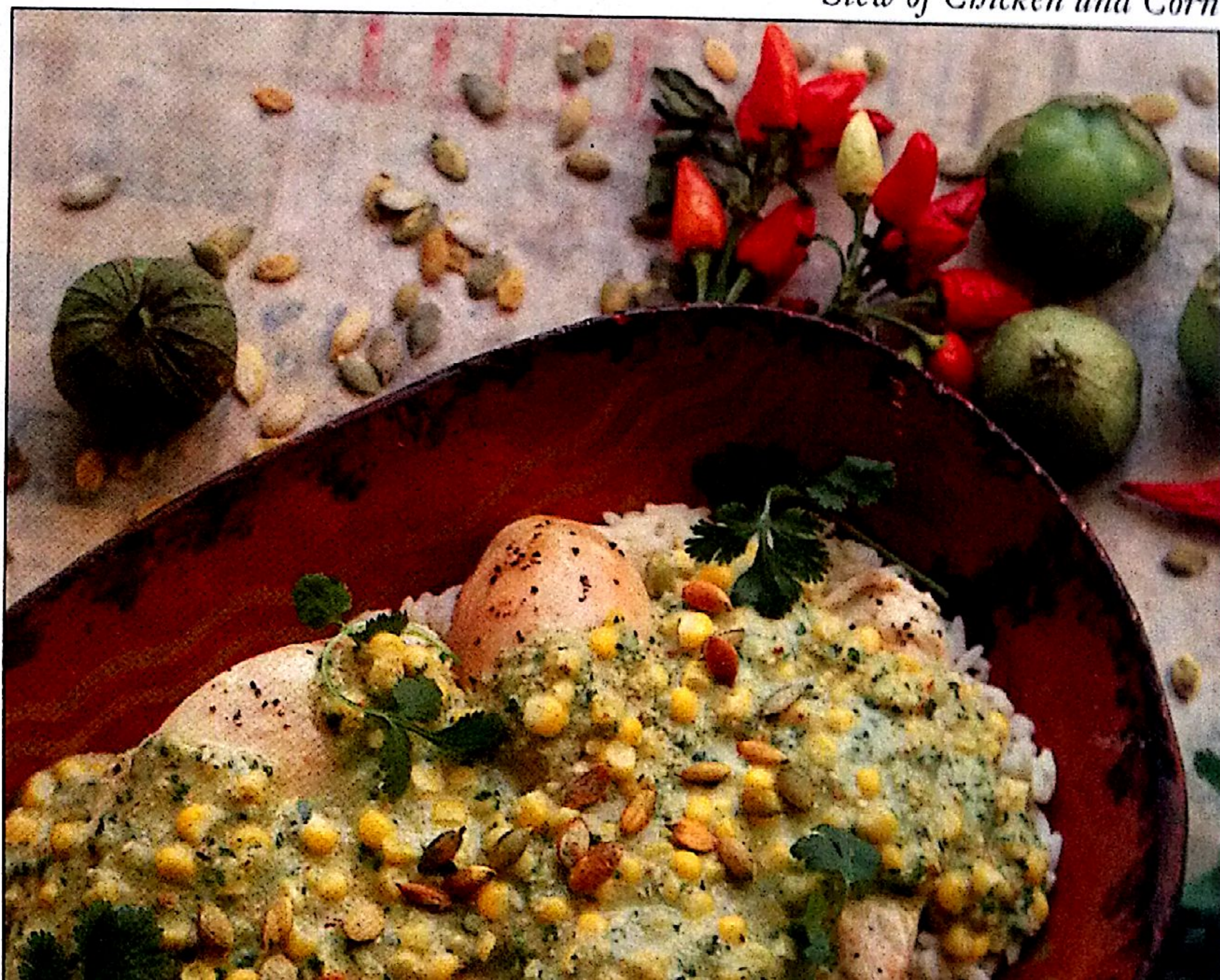
## STEW OF CHICKEN AND CORN

*Pepián is a Central and South American stew made with chili peppers and nuts or seeds. It is often served over rice.*

- 2 cups (16 fl oz/500 ml) chicken stock (see glossary)
- 3 lb (1.5 kg) skinned chicken pieces
- 1 lb (500 g) tomatillos, husks removed
- 1 cup (5 oz/155 g) *pepitas* (hulled pumpkin seeds), toasted and finely ground
- 5 serrano or jalapeño chili peppers
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup (½ oz/15 g) fresh cilantro (fresh coriander) leaves
- kernels from 4 ears (cobs) of corn (about 3 cups/18 oz/560 g)

1. Preheat an oven to 400°F (200°C). Lightly oil a shallow baking dish.
2. Heat the chicken stock in a Dutch oven or stockpot. Add the chicken pieces, and simmer, covered, for 30 minutes, or until the chicken is tender.
3. While the chicken is cooking, roast the tomatillos in the baking dish for 10 minutes, until golden brown.
4. In a blender, purée the *pepitas*, serrano chilies, tomatillos, onion, garlic and cilantro until smooth. Place in a large saucepan, and bring to a simmer. Add 1 cup (8 fl oz/250 ml) or more of the chicken cooking liquid to thin the sauce to the consistency of cream. Add the corn kernels, and cook for 5 minutes.

*Stew of Chicken and Corn*



5. With a slotted spoon, arrange the chicken pieces in a serving dish, and spoon the sauce over them. Serve immediately.

**Serves 8**

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*1 serving: Calories 390, Protein 47 g, Carbohydrates 20 g, Fiber 3 g, Total fat 14 g (Saturated 3 g, Monounsaturated 4.5 g, Polyunsaturated 5 g), Cholesterol 110 mg, Sodium 110 mg, Vitamin C 45%.*

▲ *1 Vegetable, 2 Meat*