

Ajiaco colombiano

A traditional Colombian soup, comforting and full of flavor, made with chicken, potatoes, corn and guascas (a typical herb).



Serves:
6–8



Time:
1 hour



Ingredients



- 1 large bone-in, skinless chicken breast



- 3 medium *Yukon Gold* potatoes



- 3 medium red potatoes



- 3 medium *Russet* potatoes



- 2–3 ears of corn, cut into pieces



- 1 green onion, whole



- 2 garlic cloves, crushed



- 1 handful of fresh guascas



- 3 liters (about 12½ cups) of water



Salt and pepper to taste



Preparation

1

Make the broth

Place the water in a large pot. Add the chicken breast, corn pieces, green onion, garlic, half of the guascas, and salt.

2

Cook the chicken

Bring to a boil over medium-high heat, then cook for about 25–30 minutes, or until the chicken is fully cooked.

3

Shred the chicken

Remove the chicken from the pot and let it cool slightly. Shred the chicken into strips and set aside.

4

Add the potatoes

Add the red potatoes and Russet potatoes, cut into medium-sized pieces, to the broth. Cook for about 15–20 minutes, allowing the potatoes to begin breaking down and thickening the soup.

5

Add the Yukon Gold potatoes and guascas

Add the Yukon Gold potatoes and the remaining guascas. Cook over medium heat for another 15 minutes, or until the soup becomes creamy and the potatoes are tender.

6

Add the chicken

Return the shredded chicken to the pot and cook for about 5 minutes, until heated through. Adjust the salt to taste.



Serve With:



Heavy cream



Capers



Sliced avocado



White rice



Ajiaco colombiano

Una sopa tradicional colombiana, reconfortante y llena de sabor, preparada con pollo, papas, maíz y guascas.



Rinde:
6–8 porciones



Tiempo:
1 hora



Ingredientes

-  1 pechuga de pollo grande, con hueso y sin piel
-  3 papas amarillas medianas (Yukon Gold)
-  3 papas rojas medianas
-  3 papas medianas (Russet)
-  2–3 mazorcas de maíz, en trozos
-  1 rama de cebolla larga
-  2 dientes de ajo, machacados
-  1 puñado de guascas
-  3 litros de agua
-  Sal y pimienta al gusto



Preparación

1

Prepare el caldo

En una olla grande, combine el agua, pollo, maíz, cebolla larga, ajo, la mitad de las guascas y sal. Hierva a fuego medio-alto durante 25–30 minutos.

2

Desmeche el pollo

Retire el pollo, déjelo enfriar un poco, desméchelo en tiras y reserve.

3

Cocine las papas

Agregue las papas rojas y Russet. Cocine 15–20 minutos, hasta que comiencen a deshacerse.

4

Agregue las papas amarillas

Incorpore las papas amarillas y el resto de las guascas. Cocine unos 15 minutos más, hasta que la sopa espese y tome una textura cremosa.

5

Termine el ajiaco

Regrese el pollo desmechado a la olla y cocine 5 minutos más. Ajuste la sal y la pimienta.



Para servir

Acompañe con:



Crema de leche



Alcaparras



Aguacate en rebanadas



Arroz blanco

