

## PEPIAN - Guatemala

## Ingredients for Pepian:

1. Chicken - 2 pounds (1lb chicken = 1lb tomatoes –base your proportions on that)
2. Potatoes – 2 pounds
3. Consome de tomate (tomayto) – 1 small packet
4. Salt
5. Tomatoes – 2 pounds
6. Mil tomates – 7-8, peeled
7. Garlic – 3 cloves
8. Onion – 1 medium sized
9. Chile guaque (red large peppers) – 2 (\*cut open & remove seeds)
10. Chile pasa (black large peppers) – 1 (\*cut open and remove seeds)
11. Cinnamon stick – the outer part of 1 stick
12. Cilantro – 1Q worth
13. Pepitoria seeds (pumpkin seeds) – 1 small packet
14. Ajonjoli (sesame seeds) – 1 small packet
15. Pimienta gorda (peppercorns) – buy 1 pack but only use 2 little balls
16. Flour – 2 tablespoons

## Ingredients for the rice:

1. Rice (proportion is 1lb rice for 1.5 cups of water)
2. Bell pepper
3. Onion
4. Carrots
5. Consome de tomate/res – 1 small packet

## Pepian Instructions:

1. Remove the skin from the chicken and separate the chicken into smaller parts. Place the chicken into a large pot. Add potatoes, 1 packed of consome de tomate/res and a few dashes of salt. Add enough water to cover fully and bring to a boil. Boil on high until the potatoes are cooked fully, then turn the heat down to medium and allow the mixture to continue simmering.
2. In a skillet, brown the following ingredients. Cook until fully browned, then place in a separate bowl.
  - 2 pounds of tomatoes
  - 7-8 mil tomatoes – peeled
  - 3 garlic cloves -- peeled, whole, not minced
  - 1 medium sized onion
  - 2 chile guaque -- make sure to cut open and remove the seeds first
  - 1 chile pasa – make sure to cut open and remove the seeds first



- 1 cinnamon stick –just the outer portion of 1 stick
3. Place the cilantro in the skillet and brown for less than a minute, remove and add to the bowl.
  4. Add the sesame seeds (1 pack), pumpkin seeds (1 pack) and peppercorns (2 little balls, not the whole pack) to the skillet and cover with lid! Brown for less than a minute, then remove, and add to the bowl.
  5. Pour all of the contents of the bowl from step 2, 3, and 4 into a blender, plus two ladles of broth from the large pot and blend very well, until smooth. Pour into the large pot.
  6. Take out ½ cup of broth and let cool in the refrigerator. Once cool, add 2 tablespoons of flour and mix until there are no more lumps. Pour this mixture into the big pot slowly and while stirring the contents of the big pot until the desired consistency is reached (you may not use it all).

#### Rice Instructions (if not using a rice cooker or instapot)

1. Chop up bell pepper, onion, and carrots (amount is going to depend on how much rice you're making). Sautee in a skillet with margarine or oil.
2. Add 1 pound of rice, 1.5 cups of water, and 1 packet of consome de tomate/res to the skillet. Stir to combine, then cover with lid and bring to a boil. Once boiling, turn the heat as low as it goes and cook for 5-10 minutes. Watch closely—once it's dry (no excess water), it's ready.

ENJOY!