

Cuban-style Braised Chicken

4-6 servings

This hearty braise is our Instant Pot take on the classic Cuban comfort food called fricasé de pollo. Dark meat chicken and potatoes are cooked in a tomato sauce flavored with garlic, capers and pimento-stuffed olives. Raisins add pops of sweetness to contrast the savory, briny ingredients. White wine is typical in fricasé de pollo, but we skipped it in favor of a little lime juice, added at the very end to lift and lighten the flavors. Serve with a side of rice—or better yet, rice and beans—and a simple salad to round out the meal.



Web page: <https://www.177milkstreet.com/recipes/cuban-style-braised-chicken>

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45 minutes prep time plus 50 Minutes to cook

RG note - I use

.5 pounds potato
1.5 pounds chicken

Ingredients

1	tablespoon extra-virgin olive oil
1	medium yellow onion, chopped
1/2	tsp each of Kosher salt and ground black pepper
4	medium garlic cloves, minced
2	teaspoons ground cumin
1	cup pimento-stuffed olives, roughly chopped
1/2	cup raisins
1/4	cup drained capers
14.5	ounce can crushed tomatoes
1	pound small (1½ to 2 inches in diameter) Yukon Gold potatoes, halved (see note below)
3	pounds bone-in, skin-on chicken thighs, skin removed, trimmed
2	tablespoons lime juice
1/2	cup lightly packed fresh flat-leaf parsley, chopped

Directions

- On a 6-quart Instant Pot, select Normal/Medium Sauté. Heat the oil until shimmering, then add the onion and ½ teaspoon each salt and pepper. Cook, stirring occasionally, until softened and lightly browned, 7 to 10 minutes.
- Add the garlic, cumin, olives, raisins and capers, then cook, stirring, until fragrant, 30 to 60 seconds. Stir in the potatoes and nestle in the chicken in an even layer, then press Cancel. **Always** add the tomatoes last, and leave them on top – **this avoids the “Food Burn” problem!!**
- Lock the lid in place and move the pressure valve to Sealing. Select Pressure Cook or Manual; be sure the pressure level is set to High. Set the cooking time for 10 minutes (takes 10 minutes to get to pressure). When pressure cooking is complete, let the pressure reduce naturally for 15 minutes, then release any remaining steam by moving the pressure valve to Venting. Press Cancel, then carefully open the pot.
- Using tongs, transfer the chicken to a serving dish. Stir the lime juice into the pot, select Normal/Medium Sauté and bring to a simmer. Cook, stirring often, until the braising liquid is slightly thickened, about 5 minutes. Taste and season with salt and pepper, then pour the mixture over the chicken and sprinkle with the parsley.

RG NOTES:

1. I only used half as much meat and potatoes, quantity was perfect (not TOO many leftovers).
2. Excellent flavor contrast– somewhat sweet and sour, better than most Cuban that I have eaten.
3. When freezing leftovers, remove the potatoes. If frozen, they are soft and squishy when thawed.

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“Food Burn” problem

I made this dish several times in 2022, and got this message about 8-10 minutes after starting the Pressure Cook cycle. According to Rita, this often happens when using canned tomatoes

Tip: Don't forget to remove the skin from the chicken thighs. The skin doesn't have an opportunity to crisp so is not pleasant to eat. Discarding it prior to cooking also helps prevent the braising liquid from becoming greasy. If using the slow cooker function, don't put raw potatoes into the pot; be sure to parcook them in the microwave as directed, otherwise the acid in the sauce will prevent the potatoes from becoming tender.