

CANJA DE GALINHA

(from the Bewitching Kitchen)

2 boneless, skinless chicken breasts
1/2 cup soy sauce
3 slices of ginger (1/4 inch thick), slightly crushed
1 Tbs canola or corn oil

1 shallot, minced
3 medium carrots, diced
2 celery stalks, diced
salt and pepper
6 cups chicken stock (or water)
8 new waxy potatoes (red or yellow), quartered
10 oz cooked white rice
squirt of lemon juice
salt and pepper to taste

Poach the chicken breasts: in a sauce pan, bring to a gentle boil the soy sauce, ginger pieces, and enough water to just cover the meat. Once the water starts to boil, immediately turn off the heat, cover the pan, and let it sit for 20 minutes. Lift the chicken breasts from the liquid, and once they are cool enough to handle, shred the meat using two forks or your fingers. Reserve.

Heat the oil in a heavy pan, saute the shallots until barely soft, don't let them get golden. Add the carrots and celery, season with salt and pepper, cook for about 5 minutes over medium-low heat, stirring every now and then. Add the chicken stock (or water), the potatoes, cover the pan and simmer until the potatoes are beginning to get tender. Add the cooked rice and the chicken, cover the pan again and simmer everything together for 10 minutes over medium-low heat. Squirt a little lemon juice, adjust seasoning, and serve.