Soups / Panama

Panamanian sancocho



Chicken soup with ñame root and culantro. Panama's cure for a hangover and for a cold.

Time 115 min **Servings** 6

What you'll need.

- ☐ 1.5 kg Chicken — free-range, in pieces
- ☐ 40 g Culantro or coriander
- ☐ 6 clove Garlic
- ☐ 1 tbsp Dried oregano
- ☐ 350 g Rice — to serve
- ☐ 800 g Ñame yam
- ☐ 2 piece Onions
- ☐ 2 piece Corn cobs
- ☐ 2 piece Limes
- ☐ Salt and pepper — to taste

Let's make it.

01 Rub the chicken with salt, garlic, oregano and lime juice and leave it twenty minutes.

02 Cover the chicken with three litres of cold water, bring it up and skim.

03 Add the onion and half the culantro and simmer an hour.

04 Peel the ñame, cut it into large pieces and add it to the pot with the corn.

05 Cook twenty-five minutes, until the ñame is soft.

06 Mash a couple of pieces of ñame in the broth so the soup thickens.

07 Stir in the remaining culantro, season and serve with a separate plate of white rice.

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