



## Escabeche

 6 servings  3 hours

### INGREDIENTS

- 6 Chicken Thighs (bone-in)
- 1 cup Fresh Lime Juice
- 1 + 6 cups Water
- Pinch + 1 teaspoon Salt
- 1 Jalapeno Pepper, minced
- 2 Tablespoons Vegetable Oil
- 4 Garlic Cloves, chopped
- 2 tsp Dried Oregano
- 2 large Onions, thinly sliced
- 2 medium Carrots, thinly sliced
- 5 Allspice Berries
- 10 Black Peppercorns
- 2 Bay Leaves
- 1 Cup Vinegar
- Cooked Rice (for 6)

### DIRECTIONS - CONTINUED

- Add the chicken to the pot and brown it on all sides. This will take about 5-7 minutes. Remove the chicken and set it aside.
- In the same pot, add garlic, oregano, onions & carrots. Sauté until the vegetables are tender, about 5 minutes.
- Return the chicken to the pot, and add allspice berries, black peppercorns, bay leaves, and salt.
- Add 1 cup of vinegar and enough water to cover the chicken (@ 6 cups). Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for 30-45 minutes or until the chicken is cooked through and tender.
- Put 1/2 (or more) cooked rice in a bowl and spoon soup over it.

#### NOTES:

- Yes, the thighs will still have bones. Belizeans just remove the bones after the soup is served to them, but before eating. You can remove the bones before serving though.
- You can add more heat by using habeneros, or more jalpenos as the soup simmers.

### DIRECTIONS

- Place chicken thighs in a large bowl.
- In a separate bowl, combine lime juice, 1 cup water, jalapeno, and a pinch of salt.
- Pour the lime mixture over the chicken, ensuring all pieces are well-coated.
- Cover and refrigerate for at least 2 hours or overnight. (This step not only infuses the chicken with a tangy flavor but also tenderizes it.)
- In a 6-quart pot, heat vegetable oil over medium-high heat.
- Remove the marinated chicken from the refrigerator and pat it dry with paper towels.