Ajiaco

From Colombia, by Laura and Dora

The Ajiaco is a traditional soup from Bogota, Colombia. This recipe is used for special days like birthdays, Christmas, New Year, etc. On October 21 the district's tourism institute rewards the best Ajiaco Santafereño.

Ingredients

- 3 chicken breasts, skin removed
- 12 cups water
- 3 ears fresh corn, cut into 2 pieces
- ¼ tsp. salt
- pepper to taste
- ⅓ cup of *guascas
- 3 long onions (green onions)
- 2 garlic cloves, minced
- 3 Tbsp. chopped cilantro
- 2 cups Idaho potato
- 3 medium white potatoes, peeled and sliced
- 3 medium red potatoes, peeled and sliced
- 3 medium yellow potatoes, sliced
- 1 cup heavy cream to serve
- 1 cup capers to serve
- 3 avocados sliced to serve

Directions

1. Make chicken stock by boiling chicken in water with spices, onions, pepper, cilantro and garlic for 25 minutes.
2. Remove the chicken from the stock.
3. Peel potatoes and slice them thinly.
4. Add the Idaho potatoes to the stock and cook for 20 min.
5. Next add the red potatoes and cook for 20 min.
6. Last add the yellow potatoes and cook for 10 min.
7. Chop the corn on the cobs into three pieces and place in the stock with the potatoes and cook simmer until the yellow potatoes dissolve.
8. Add the guascas in the soup.
9. Shred the chicken breast and put it in a bowl.
10. Serve the ajiaco with pieces of the corn and chicken, heavy cream, avocados and capers to taste.

Makes 6 - 8 servings