

Recipe: Tomaticán Stew

Serves 2

Tomaticán is a traditional Chilean dish. It is often served with meat such as beef or chicken.

Ingredients

- Onion - 1 large
- Tomatoes - 2 large
- Corn - 1 C. (frozen)
- Garlic - 2 cloves (optional)
- Paprika - ¼ tsp.
- Potatoes - 2 medium
- Butter/Vegetable oil - 3 Tbsp.
- Salt
- Pepper

Equipment/Tools

- Cutting board
- Chef's knife
- Pan
- Measuring spoons
- Measuring cups
- Wooden spoon
- Pot
- Bowl (for serving)

Instructions:

1. Slice onion into half moons.
2. Peel and slice large tomatoes.
3. Mince garlic.
4. Peel and dice potatoes.
5. Heat 1 Tbsp. of vegetable oil over medium heat in a pan. Add onion and cook, stirring occasionally for 4-6 minutes, until onion is transparent (not brown) into medium fire.
6. Add garlic and paprika, and cook for 30 seconds.
7. Add corn and chopped tomatoes with their juice, and salt and pepper to taste, stirring occasionally. Taste and add more salt or pepper if necessary. Cook for 10 minutes over low heat, stirring occasionally. Check to see if the corn is ready.
8. Heat 3 Tbsp of vegetable oil or butter and fry potatoes until crispy and golden.
9. Serve Tomaticán stew with fried potatoes.

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