

Tim Farmer's Country Kitchen

CHICKEN FEET

*Chicken Feet (cut off toenails)
Vinegar & Water (for washing)*

Sofrito

*Cilantro
Bell pepper
Onion
Salt
Garlic cloves
Ground oregano
Water*

*Black pepper
Adobo seasoning
Sazon Goya
Oil
Dash of sugar
2 chicken bouillon cubes
1 tablespoon tomato paste
Fresh tomato, onion, bell pepper, sliced
Cooked Rice*



Wash chicken feet in vinegar and water and drain. In blender, add sofrito ingredients and blend until smooth. Sprinkle some of sofrito over chicken feet and stir. Season with black pepper, adobo and Sazon goya seasoning. Stir to coat. In large pot, heat oil and a dash of sugar. Once sugar starts to burn, add in chicken feet. Stir to cook. Take water and add to dish chicken feet were in to get rest of the seasonings. Pour water over chicken feet. Cover and cook for 20 minutes, or until soft. Stir throughout cooking. Once soft, stir in chicken bouillon, tomato paste and fresh veggies. Cook additional 5 minutes. Serve over cooked rice.

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