

Chicken Arroz Caldo - Filipino rice porridge with chicken

Arroz caldo is a filipino style rice porridge (lugaw) that's heavily infused with lots of garlic and ginger. It's usually topped with black pepper, scallion, calamansi, and fish sauce; though, this may vary by the Philippine regions.

Derived from it's Spanish influences, "arroz caldo" literally translated to "rice broth". "Arroz" for rice, and "caldo" for "broth". Although, it's name is Spanish, the dish more resembles congee that was brought to the Philippines through Chinese migrants to the islands.

Arroz caldo is a comfort food, and often the food of preference on chilly days or when feeling ill.

Ingredients:

- 1 c calrose rice
- 7 c water
- 2 bay leaves
- 6 cloves garlic minced
- 3" (1/3c) fresh ginger minced
- 1 medium yellow onion
- 2 lbs bone-in, skin-on chicken thighs
- 2 1/2 T fish sauce
- 1 1/2 T Fresh cracked black peppercorn

Toppings:

Eggs
Fried Garlic
Scallion
Chili oil
Lime

Arros Caldo

1. In a small stock pot, add bone-in skin-on chicken thighs, minced garlic, minced ginger, diced yellow onion, bay leaves, and black peppercorn and bring to boil. Once boiling, lower the heat to medium heat, and let boil for 10 minutes.
2. Add to rice. Let cook at medium heat for 30 minutes. Stir, frequently, to prevent rice from sticking to the bottom. You will notice that as the rice will start to break down, the longer it cooks.
3. After 30 minutes, remove chicken and shred meat off of the bones once it is cool enough to handle. Bring down the pot to low heat, and allow to simmer.
4. After 10 minutes, the rice grains will have broken down and it's starches have formed a porridge. You may shorten and lengthen the simmering time of step 4 depending on your preference for the how far you'd like the rice cooked.

5. Add fish sauce and salt to taste.
6. Ladle porridge into bowl and top with shredded chicken, soft boiled egg, scallion, chili oil and garlic chips. Add additional fish sauce, fresh cracked black peppercorn, and salt according to your taste.

Soft Egg

1. Fill a small sauce pot with enough water to submerge eggs. Bring to boil.
2. Once boiling, gently add eggs into water. Boil for 6 minutes.
3. Remove eggs from boiling water, immediately, and place in an ice bath to cool.
4. Once cooled, peel shell from soft boiled egg.