

# ESCABECHE ARGENTINA

By Walt "Stryke" Clayton

This recipe is a traditional favorite in Argentina, where I grew up for 10 years.

Typically, it's made using the all-white meat of a nocturnal rodent called a *vizcacha*, which is about the size of a raccoon. Partridge, grouse and other game birds also make a great *escabeche*.

- 1 chicken (I use skinless, deboned breasts and thighs)
- 4 cloves garlic, chopped
- 3 carrots, sliced julienne style
- 2 yellow onions, sliced thin
- 1 cup corn oil
- 1 cup good quality red wine vinegar
- 1 cup white wine
- 1 lemon, sliced very thin (remove seeds)
- Extra Virgin olive oil
- Whole black pepper
- Stuffed green olives or black ripe olives

(optional)

- Argentine chimichurri spice mix (optional)
- Oregano
- Rosemary
- Bay leaves – important!
- Salt & fresh ground pepper to taste



## DIRECTIONS:

Cut up chicken into bite-size plus chunks. Wash and dry. Sprinkle with salt & pepper.

Brown in half of the corn oil in a deep pan. Set aside.

Add remaining corn oil to pan and add carrots, onions, garlic. Cook over medium heat. When tender add vinegar, wine, bay leaves, rosemary, oregano. Add back the chicken and gently mix it all up. Add the lemon slices on top, then cover and cook for about 45 minutes. NEVER add water. (Best is to place all in a Crock Pot and simmer at lowest heat setting for several hours to really bring out all the flavors. Adding a little olive oil is a tasty touch.)

Escabeche (pronounced **es-ka-BAY-chay**) can be eaten warm or cold, and the flavor is fuller a day or so after it's made. Escabeche is best with a good red Merlot or Malbec, or a chilled white Sauvignon Blanc, Fumé Blanc, Pinot Grigio or Torrontes), and sourdough bread or crusty Ciabatta.

*¡Buen provecho!*