

# **CHALAKILES**

(cha-la-kee-lis)

*This is a yum-yum soup! It is quite a favorite at rosaries and nobenas. Chalakiles is a ground-rice and chicken soup, flavored with achote, garlic, and onions. I first made this soup during one of my college breaks....it turned out perfect!*

## **INGREDIENTS**

### Set 1

2 c. UNCOOKED Calrose or short grain rice

### Set 2

1 ½ c. diced onions

8 cloves garlic, minced

1 T. vegetable oil

½ c. chopped, uncooked bacon

### Set 3

6 uncooked, chicken drumsticks

1 ½ t. salt

½ t. blackpepper

16 c. water

### Set 4

2 T. achote seeds (*or 1 packet achote powder dissolved in 1 T. vegetable oil*)

2-3 t. seasoning salt

2 packets Goya

donne' or hot pepper flakes to taste

**Tools:** *large pot, strainer, cookie sheet with raised edges, blender, small plastic bowl*

## **DIRECTIONS**

**Preheat oven to 350 degrees.**

1. Spread 2 cups rice on cookie sheet with a lip (raised edges).
2. Toast rice kernels till they are a golden / dark brown. Stir occasionally.
3. Once rice is golden-brown, remove rice from oven and pour into plastic bowl to cool.
4. Heat 1 tablespoon of oil in large pot.
5. Sautee onions and garlic in oil.
6. Add uncooked bacon if desired. Sautee for a few minutes.
7. Add chicken to the pot and allow to brown on one side for 3 minutes.
8. Sprinkle 1 ½ teaspoon salt and ½ teaspoon black pepper over chicken and stir.
9. Allow to brown on the other side for 3 minutes.
10. Adjust heat as necessary or stir chicken so as not to burn it.
11. Once chicken is browned, pour 4 cups water over chicken.
12. Cover the pot and bring to a boil. Let cook for 30 minutes stirring occasionally.

13. While chicken is cooking, pour 1 cup of the toasted rice into a blender. Pulse (there is a pulse button on the blender) blender only to “chop” rice kernels. DO NOT GRIND TO A POWDER!
14. Pour the ground rice into a small bowl.
15. Repeat with the second cup of rice.
16. Once chicken is cooked, pour another 4 cups water over boiling chicken.
17. Remove 1 drumstick at a time from the pot.
18. Remove / discard skin and bone.
19. Shred chicken with two forks. Return shredded chicken back to the pot of boiling water.
20. Repeat steps 17-19 with remaining chicken.
21. When all of the chicken is shredded, add the remaining 8 cups of water.
22. Pour all of the ground rice into the pot of boiling water.
23. The water will thicken as the rice cooks.
24. After about 10 minutes of boiling, suspend the strainer over the pot, about 1 inch into the boiling soup. Place the achote seeds in the strainer and stir to release the color / flavor. *(If using achote powder, mix the powder and 1 tablespoon of oil in a cup. Pour this paste into the soup.)*
25. Add the remaining seasonings from set 4.
26. Continue to boil the soup till the rice is cooked. Adjust seasonings to taste.
27. At this point, you can add more water if you want your soup more runny. *(If you will be using this for empanada filling, do not add more water. Sixteen cups thus far is sufficient.)*
28. The chalakiles will thicken quite a bit in the fridge.
29. Leftover soup, if thick enough the next day, may be used as the filling for empanada.

## **EMPANÁDA**

(im-pa-naw-da)

*This is a great meal in itself, if you don't mind that it is deep fried. The filling is thickened chalakiles soup and the crust is achote colored masa-harina mix. There were days on Guam when little kids would go door to door selling empanádas and other goodies.*

*To Chamorros, this term conjures up a distinct, edible experience. When Chamorros yearn for empanáda, they imagine that orange-red, fried masa-harina crust enveloping a thick, shredded chicken-speckled rice or cream of wheat, blasted by sautéed onions, garlic, and hot pepper mixture. Hard core dieters are putty within reach of these most sought after treats.....especially off-island!*

*I searched the internet to see how other countries make their empanáda. I was very surprised! Again, for Chamorros, an empanáda is an empanáda, a very unique food item. For many parts of the world, however, the word empanáda is generic. Some places use flour, masa-harina or a combination of both for the crust. Some are fried, while others are baked. The fillings are a spectrum of the sweet and the savory.*

**Costa Rican Empanáda** – This is the only country I found that used the empanáda press the Chamorros are familiar with. These Costa Rican empanadas, though using masa-harina for the crust, did not color their crust.

**Veracruz Empanáda** – This Mexican version uses masa for the crust, but it is rolled out. Minilla is used as the filling ( a mixture of shark, olives, and spices).

**Ilocos Empanáda** – This is the only empanáda I found that used the achote (aka acheute) coloring in the crust. This is a Filipino empanáda where the crust includes rice flour. The filling is made of longganisa, veggies, and has an egg cracked into it. This empanada is immediately fried.

## ***FILLING***

1. Make the chalakiles soup on page 154.
2. Make it a very thick soup, but still pourable.
3. Place to cool overnight in the fridge.
4. This soup will thicken even further in the fridge to the consistency necessary as a filling for empanada.

## ***CRUST***

*(makes about 40 pieces....if the size of golfballs...but empanada are small)*

### ***INGREDIENTS for crust***

#### Set 1

- 4 c. masa harina
- 1 packet achote powder
- 2 packets Goya seasoning (*found in the Hispanic section of the store, the one that says "Goya con y cilantro"*)
- 3 t. seasoning salt

#### Set 2

- 4 c. water

#### Set 3

- Oil for deep frying

***Tools:*** *empanada press (or two flat-bottomed plates and rolling pin), wax paper, large Ziploc bags, several cookie sheets*

### ***DIRECTIONS for assembly***

1. Cut the wax paper into squares slightly overlapping the edges of the empanada press, about 45 pieces.
2. Place the masa harina, Goya, achote powder, and seasoning salt in a large bowl. Mix to combine.
3. Add the 4 cups of water to the mix.
4. Knead mixture to a soft, non-sticky dough. Form dough into small balls, about the size of a golf ball.
5. Place a sheet of wax paper on the empanada press. Place a ball of dough on top of that piece, followed by the second sheet of wax paper.
6. Using the press, flatten the dough.
7. The thickness of the dough should be about 1/8 of an inch.
8. The dough should not extend beyond the empanada press.
9. Remove the top sheet of wax paper and save to use on the next empanada.
10. Put 2-3 T. of filling in the center of the dough.
11. If you like to eat a lot of fried empanada dough, put only two tablespoons of filling. If you like more filling instead of dough, then use a large amount of filling....careful to leave enough space to seal the empanada.
12. Fold the dough in half keeping / using the sheet of wax paper. Do not remove this piece of paper till you fry the empanada.
13. Seal the edges by bringing the edges of the empanada together and pressing with your fingers along the wax paper.
14. Freeze in a single layer (with the wax paper still on the empanada) on a cookie sheet. Once empanadas are hardened, you can store them in large Ziploc bags (still with wax paper on it).

## ***COOKING THE FROZEN EMPANADAS***

**\*NOTE: The oil must be about 365 degrees when you fry the empanadas or it will be a soggy mess.\***

*Tools: large pot for deep frying, colander, tongs or frying ladle, napkin lined tray*

1. Heat oil in large pot on medium heat.
2. When oil is ready, remove the wax paper from the **FROZEN** empanada.
3. Deep fry the empanada **WHILE THEY ARE STILL FROZEN!!** Do NOT thaw the empanadas or you will have quite a mess.
4. **DO NOT TOUCH OR MOVE** the empanadas till after 10 minutes of frying!!!! The crust needs to harden before you “move” the empanadas around.....if it doesn’t harden first, you will have a big mess as well.
5. As the empanada cooks, it will tilt on its side, so don’t worry about burning the bottom of the empanada.
6. Fry till golden orange, about 12-15 minutes.

**Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.**