



POLLO PIBIL Yucatecan Barbecued Chicken

SEÑORA BERTA LÓPEZ DE MARRUFO

SERVES 1

I have given the preparation instructions for just an individual portion, but if you want to extend the recipe for a large group set the seasoned chicken pieces in a large baking dish lined with banana leaves and after adding the tomato and onion, cover with a double layer of leaves. (Look at the reference to the pit barbecue, the pib, in the recipe for [Cochinita Pibil](#).)

Start about six hours ahead or the day before.

¼ LARGE CHICKEN

1 TABLESPOON [ACHIOTE PASTE](#)

1 TABLESPOON WATER

SALT TO TASTE

A PIECE OF [BANANA LEAF](#), ABOUT 12 BY 12 INCHES (30 BY 30 CM;)

2 TABLESPOONS LARD OR VEGETABLE OIL

4 THIN SLICES WHITE ONION

4 THICK SLICES TOMATO

½ TEASPOON ACHIOTE PASTE

Prick the chicken all over with a fork. Dilute the seasoning paste with the water and set ½ teaspoon aside. Thoroughly rub the remainder, along with the salt, into the chicken.

Sear the leaf quickly over an open flame to make it more flexible, and wrap it around the chicken to make a small package. Set it aside to season, refrigerated, preferably overnight.

Preheat the oven to 375° F (190° C).

Melt the lard in a skillet and fry the onion until translucent. Add the tomato and the ½ teaspoon seasoning paste and fry it gently on both sides.

Unwrap the chicken. Put half the onion and tomato under the chicken and the other half on top. Wrap it up again in the leaf.

Place the “package” into the dish and cover it tightly. Cook for 20 minutes. Turn it over, baste with the juices, and cook for another 20 minutes, or until just tender. Do not overcook.

Turn the oven up to 450° F (230° C). Remove the cover, open up the leaf, and let the chicken brown on top.

Serve still wrapped in the banana leaf.

NOTE: This dish can be prepared and partially cooked well ahead and the cooking completed about ½ hour before you plan to serve. The seasoned chicken may be frozen up to about 1 month.