

## **Estofado**

**Serves 8-10, requires at least 2 hours lead time**

### **Ingredients -**

- 1 lb of meat (can be any meat, most often here Chicken, but can be beef, pork, duck, armadillo, rabbit)
- 1 lb tomato
- 2 bell peppers
- 1/2 lb miltomate
- 5 shallots
- 10 garlic cloves
- 1 sprig of thyme
- 5 bay leaves
- 1/2 cup water
- 3 tbs. lemon, lime or orange juice
- 10 cloves
- salt to taste

### **Preparation**

Cut up the meat. after it is cooked it should be falling apart in shreds.

Mix in a blender the tomato, onion, miltomate and bell peppers, with the water and juice.

Add the other condiments and cook over a slow fire until the meat falls apart. Remove the bones at this point, though it has been my experience that one never gets all the bones out, especially if it was a small animal, so this is a dish best eaten with care.

Heat and serve with rice.