

History of Jocón

Jocón is a traditional dish in the Guatemalan kitchen. It is historically known as the dish representing the department of Huehuetenango. Although it has also been prepared for a long time in other western departments of Guatemala, but is mainly associated with the region of Huehuetenango.



The word “jocón” originates from the quiche words “jok om” and means green food or five greens. This is due to its original ingredients: tomatillos, green tomatoes, green onions, cilantro, and chili peppers. All of these ingredients taste slightly acidic but make for a unique taste all together. Jocón is typically accompanied by tamalitos and rice.

Below is the recipe for jocón prepared with chicken, for approx. 4 people.

Ingredients

2 pounds of chicken	2 green chili peppers
3 cups of water	4 ounces tomatillos
1 green onion	6 stems of green onion (chives)
1 pound of green tomatoes	6 stems of cilantro
2 cloves garlic	2 tablespoons corn flour
6 cups chicken broth	Salt

Instructions:

Cook the chicken in pieces with water, onion, one of the green tomato, garlic, and add salt to taste. When this is cooked, remove the chicken.

In another pan, pour the chicken broth and bring to a boil along with the green tomato, green chili pepper, chopped tomatillos, and stems of green onion and cilantro. Blend everything well and pass it through a colander.

Cook for five minutes, adjust the flavor with seasonings as needed, and add the chicken.

Thicken with corn flour dissolved in water.



Ingredients for Guatemalan rice:

- 1 large carrot
- 2 to 3 ounces (vegetable) butter
- ½ pound of rice
- ½ güisquil
- 1 medium onion or green onion
- 1 medium red bell pepper
- Water and salt

Instructions:

Peel the vegetables and cut them in small cubes. Take a medium stockpot, add butter and fry the rice together with all the vegetables. Heat it up while stirring until the butter has melted. Add roughly 1 liter of water to then cook the rice and vegetable mix thoroughly (approx. 20 min). Serve the rice as a side dish.

Ingredients for tortillas:

- Water
- corn flour

Instructions:

Mix the corn flour with water and knead until smooth. It should become thick dough which always remains a little sticky. Put a little water on your hands and use a small amount of dough to make the tortillas (roughly the size and shape of a cookie), clapping your hands to create the shape. Depending on your tortilla-making-skills and taste you can make big ones or smaller. Use a comal (a flat, ceramic griddle typical for the region) or a flat frying pan and bake the tortillas with a little bit of oil (add a little more if they stick to your pan) on a medium low flame. Only add oil if you use a frying pan. Serve as a side dish.