



Recipe from:
Panamá



INCAP
Instituto de Nutrición
de Centro América y Panamá

Panamanian “sancocho”

1 serving

Ingredients

- | | |
|--------------|---|
| 1 unit | Hen cut into pieces or portions |
| 2 pounds | Peeled and chopped <i>slimy yam</i> (white yam) |
| 1 teaspoon | Oregano |
| 1/2 teaspoon | Salt |
| To taste | Chopped cilantro |
| To taste | Chopped backyard chili pepper (ají de patio) |
| 2 liters | Purified water |

Utensils

- Large cooking pot
- Knife
- Cutting board
- Wooden spoon

Preparation

1. Season the hen pieces with salt, oregano, and chili pepper.
2. Place them in a container and let them rest for about half an hour.
3. Place the seasoned hen pieces and part of the yam in a pot.
4. Place the remaining peeled yam in a covered container, add water, and cover.
5. Add plenty of water to the pot with the seasoned hen and yam.
6. Cook over high heat until it comes to a boil.
7. Let it boil for 5 minutes, then reduce the heat, cover the pot, and cook until the chicken is tender.
8. Add the remaining yam, cover the pot, and let it boil.
9. When the yam pieces are soft but still whole, add the cilantro and let it boil for a few more minutes.
10. If necessary, adjust the amount of water to yield 8 bowls of soup.
11. Turn off the heat and serve the sancocho. It may be accompanied with white rice or rice with pigeon peas.



Panamanian Sancocho: the warm soul of the *Isthmian* table

Panamanian sancocho is the kind of soup that embraces you: tender chicken, yam, and cilantro simmer slowly together until their aroma fills the entire house. It is the dish that brings families together on Sundays, that offers comfort after the rain, and that tastes like home without any fuss. Every spoonful carries that pritty touch that distinguishes the cuisine of the Isthmus—warm, welcoming, and close to the heart. Tasting a good sancocho is feeling Panama in its most authentic form: generous, festive, and full of life.

When buying white yam and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

Check

- Firm and heavy tubers
- Intact skin, without cuts or soft spots
- Avoid stains, moisture, or unusual odors

Para conservarlo

- Keep in a cool, dry place
- Do not refrigerate it raw
- Once cooked, it can be refrigerated or frozen

Nutritional information

Estimated nutritional value per serving

Calculations performed with NutrINCAP
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
227.15	8.3	132.79	2.26	44.42	122.87	1.16	0.26	8.04	33.35	0.18	0.13	3.05	0.43	32.83	0.11	33.97	8.7	2.04	3.98	2.01

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
60.06	29.23	4.49	2.31	970.51	273.4	0.64	0	32.83	18.9	176.65	0.45	0	38.74

Recipe obtained through INCAP Technical Cooperation in Panamá.



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