



ADOBO CHICKEN

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Serves 4
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Prep Time: 10 minutes

Cook Time: 25 minutes

INGREDIENTS

- 3/4 c white vinegar
 - 1/2 c low sodium soy sauce
 - 8 cloves garlic, minced*
 - 1/2 t black pepper corns (or black pepper)*
 - 3 bay leaves*
 - 1 T brown sugar
 - 6-8 skin on bone in chicken thighs or 4 chicken breasts (can be made with your choice of meat)
 - 1 T vegetable oil*
 - 3 green onions thinly sliced
 - white rice (OPTIONAL)
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INSTRUCTIONS

- In a large bowl combine the vinegar, soy sauce, garlic, pepper or peppercorns, bay leaves, and brown sugar.
- Add chicken, mix and toss to coat the chicken, and let marinate for 15 mins.
- In a large skillet on medium heat add vegetable oil and chicken to pan (shake off excess marinade mixture before placing in pan).
- Brown the chicken on both sides, about 5 mins each side.
- Add remaining marinade to the skillet and bring to a boil. Once boil is rolling, lower heat and simmer for 10 mins.
- Flip the chicken, simmer & stir occasionally until the sauce has reduced by half and thickened, about 10 mins.
- Serve with white rice (optional), sprinkle with green onions, and enjoy.

Like many cultures based in warm climates, Filipinos developed various methods of preserving food. Adobo utilizes the acid in the vinegar and the high salt content of soy sauce to help preserve foods. The delicious flavor and preserving qualities helped to increase adobo's popularity. Due to its versatility and a relatively easy cooking method, adobo remains an iconic Filipino dish.

RECIPE CREDIT: tastingtable.com/686359/chicken-adobo-recipe-filipino

PHOTO CREDIT: thekitchn.com/chicken-adobo-recipe-23436597

Ingredients marked with an asterisk (*) are not commonly found in the food bank. This shows us how so many cultures are unable to cook their native foods the way they usually would.

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