

Wine & Dine with Jeff

Filipino Chicken Adobo

Filipino Chicken Adobo Pairing with Turley
Old Vine Zinfandel 2018



INGREDIENTS

- 2/1/2 to 3 Pounds of Chicken Thighs Bone-In with skin 6 chicken thighs

- ❑ 2 Tablespoons of canola oil
- ❑ MARINDAE INGREDIENTS
- ❑ 1/3 Cup of Coconut Vinegar or substitute 1/3 cup of Apple Cider Vinegar
- ❑ 1/3 Cup of Soy Sauce (I used low sodium)
- ❑ 4 Cloves of minced Garlic
- ❑ 3 Bay Leaves
- ❑ INGREDIENTS TO ADD AFTER CHICKEN IS REMOVED FROM MARINADE
- ❑ 1 Tablespoon of brown sugar
- ❑ 1 Tablespoon of Whole peppercorns
- ❑ 4 Cloves of garlic minced (yes more garlic in the marinade for a total of 8 cloves)
- ❑ 1/2 Cup of yellow onion diced
- ❑ 1 Teaspoon of annatto powder Or substitute half sweet paprika and half turmeric powder
- ❑ 1 1/2 cups of water

DIRECTIONS

1. The famous Chicken Adobo originated in the Philippines. The dish is prepared using the Inadobo style of cooking. It means cooking meat or seafood with vinegar and mostly soy sauce. It is a popular method during the olden days when refrigerators and

freezers were not yet available because vinegar helps extend the shelf life of food. Filipino Chicken Adobo is the national dish of the Philippines and may well become your new favorite Asian chicken dish! The taste is spectacular it has the perfect balance of sweet, sour and salty. I like to use chicken thighs for this recipe because you want a little bit of fat to render out of the chicken thighs to bring sauce together. It is very important to trim all the excess skin that is left on the chicken thigh, keep enough just to cover the meat. s

2. In a large bowl or plastic bag to hold the chicken and marinade. Place in the Coconut Vinegar, Soy Sauce, minced garlic, and bay leaves. You want to toss the chicken around in the marinade to make sure all the marinade is touching the chicken. You want to marinate the chicken for a minimum of one hour, but I would like to see you marinate the chicken for 4 to 8 hours. The longer it marinates the more flavorful and tender the chicken becomes. If you are having a problem of finding coconut vinegar and do not want to order online a great substitute will be apple cider vinegar. I don't think it is as strong as White and rice vinegars.

3. After the chicken finishes marinating remove from the liquid and shake off all the marinade and let aside. Reserve the marinade because we will be cooking it with the chicken. To the marinade add more minced garlic, black peppercorns, brown sugar, annatto powder and onion and stir to combine and set aside. If you are

having a hard time finding annatto powder mix half sweet paprika with half turmeric powder for a similar color. Annatto powder has a slight peppery taste with a touch of fruit.

4. In a sauté pan add canola oil or oil of choice and turn the burner on Medium high heat. When the oil starts to shimmer, the pan is hot enough add the chicken skin side down. Don't touch the chicken let the skin caramelize and brown up. This should take around 4 minutes to brown the skin.

5. As soon as the skin is browned flip the chicken to skin side up. Add the reserved marinade with all the extra ingredients you added earlier. Take the water and pour enough water to just reach below the skin it should take around 1 1/2 cups. The burner should be between medium and medium high so you can get a heavy simmer. Cook the chicken skin side up with no lid for 15 minutes.

6. After 15 minutes flip the chicken to skin side down and cook with lid off for 10 to 15 minutes. You will see the sauce start to reduce. When you are nearing the total cook time of 25 to 30 minutes the sauce will thicken up fast. When the sauce is almost at the consistency of a runny BBQ sauce flip the chicken over to skin side up and spoon all that thick delicious sauce overtop of the chicken thighs. Serve this chicken with your favorite rice to soak up all the amazing adobo sauce.