

# Filipino Chicken Adobo

Makes 8 Servings :

8 chicken thighs

$\frac{3}{4}$  cup rice Vinegar

$\frac{1}{4}$  cup soy sauce

2 cloves garlic

$\frac{1}{2}$  tsp black pepper

2 bay leaves

2 Tbsp vegetable oil

2 medium-sized potatoes

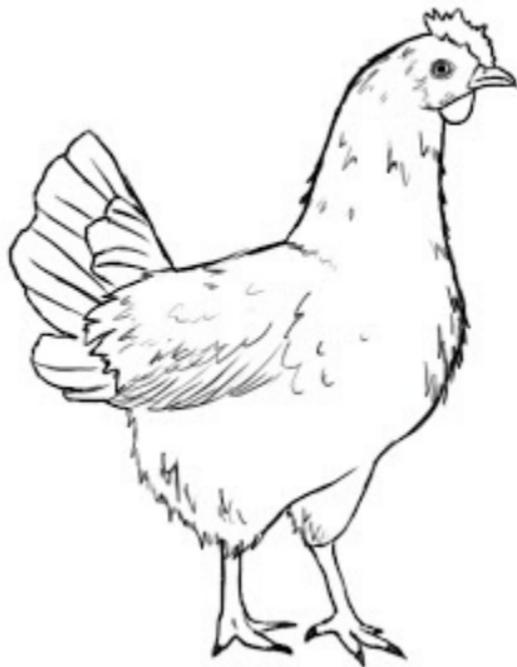
2 medium-sized carrots

2 cups white rice

2 pinches of salt

2 tsp cornstarch mixed with

1 tbsp water



## Marinate Chicken

Cut off most of the chicken fat. Stir together the vinegar, soy sauce, garlic, pepper, and bay leaves in a pan. Add the chicken, coating each piece. Cover and marinate for at least 30 minutes.

## Cook the Meal

- Pour the oil into a large pot over medium heat. Remove chicken from the marinade and pat each dry with a paper towel. Save the marinade. Place chicken in bottom of pot and cook until one side of the chicken is browned. Flip over and brown. Repeat until all the chicken is cooked.

- Put all the chicken back in the pot along with the marinade, potatoes, carrots and  $\frac{3}{4}$  cup of water. Turn the heat up and bring to a boil and then decrease heat to a low simmer. Cook until meat is no longer pink on the interior (about 45 min).

- While the meat is cooking, pour rice into a medium sized pot with 4 cups of water and salt. Bring to a boil and then reduce to a simmer. Cook until water is gone (about 20 min).

## Serving the Dish

Remove the bay leaves from the adobo and stir in the cornstarch and water mixture. Let it thicken until the vegetables and chicken are well glazed serve over rice.

**Variations:** add jalapenos, grated ginger, substitute pork shoulder for chicken or coconut milk for the water

# Peanut Chicken and Broccoli with Coconut Rice

Makes 6 Servings :

1 ½ cups long grain rice

1 can coconut milk

½ tsp salt

1 ½ pounds chicken

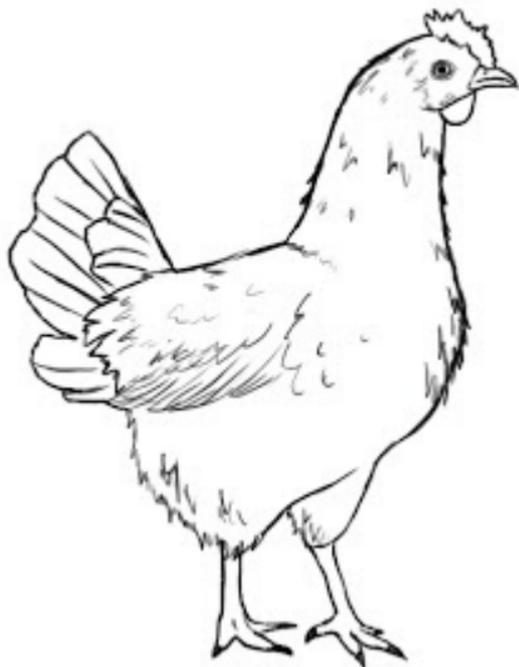
Pepper to taste

2 tsp vegetable oil

6 cups chopped broccoli

½ cup peanut sauce

Cilantro



## Cook the Rice

Rinse the rice. Add it, along with the coconut milk, salt and 1 ½ cups of water, to a pot over medium heat. Bring to a boil and then turn heat to low. Simmer, covered, with the lid askew, until the liquid is gone (about 20 min). If the rice is done before the stir-fry, remove it from the heat, fluff it a bit with a fork so it doesn't stick to the pot, and cover to keep it warm.

## Cook the Stir Fry

- Sprinkle the chicken with salt and pepper and set aside.
- Place a large pan or wok over medium-high heat and add 1 teaspoon of the vegetable oil. Once it is hot, add the broccoli stems. Cook, stirring occasionally, to soften the stems (about 3 min). Add the tops of broccoli and add about ¼ cup of water. Cover the pan. Cook until water evaporates. When it is just barely tender, turn off heat and remove from pan.
- Add the remaining oil and turn to medium heat. Cook chicken until it is no longer pink (about 5 min). Add another 1/4 cup of water and stir occasionally until the chicken is cooked all the way through (about 2 min).
- Add the peanut sauce and stir to coat the chicken. It will blend with the water and become a glaze and once it is coated add the broccoli and stir together. Add salt and pepper to taste.

## Serving the Dish

Scoop coconut rice onto plates and top with broccoli, chicken and cilantro.

**Variations:** use 10 ounces of tofu, cut into cubes and marinated in ¼ soy sauce instead of chicken

# Peanut Sauce

Makes 1 cup:

1 jalapeno pepper

3 cloves garlic

1 small onion

1 tsp vegetable oil

½ to 1 cup coconut milk

½ cup peanut butter

1 Tbsp soy sauce

Additions:

1 tsp ground turmeric

1 tsp brown sugar

½ tsp sesame oil



## Peanut Sauce

- Finely chop the jalapeno, garlic and onion, or use a food processor to make them into a paste.
- Add oil to a saucepan over medium heat. Saute the pepper mixture until fragrant, about 2 to 3 minutes. Add ½ cup of coconut milk and any additional optional spices (turmeric for example).
- Let the coconut milk mixture come to a boil and turn down to simmer. Stir in the peanut butter, soy sauce, and if using, the brown sugar and sesame oil. If the sauce is too thick, add more coconut milk to thin it out. Once the mixture is well combined, taste it and add whatever you think it needs.