

Chicken Adobo with Coconut Milk (Adobong Manok sa Gata) Twice-cooked Adobo by Melva

Adobo is a revered Filipino dish that calls for chicken (or pork) stewed in a soy-vinegar broth, which is then reduced to a glaze and served with rice. Many Filipino recipes call for sugar in the stewing broth, but we've omitted it to avoid added sugar and because the recipe is still excellent without it. But, its taste buds are different, adding a little sugar will not offend the Filipinos.

Ingredients:

- 3 pounds bone-in, skin-on chicken thighs (about 8 -10 medium chicken thighs) Pat dry with kitchen towel
- 3 Tablespoon coconut oil (canola or vegetable oil for substitution)
- 10 garlic cloves, slightly cracked
- 2 bay leaves
- 1 Tablespoon Peppercorn
- ½ cup soy sauce
- ¾ cup coconut vinegar (Apple Cider Vinegar is an alternative choice)
- 1 cup coconut milk
- 1/4 cup shaved scallions
- Chilies (very optional)
- 4 cups hot cooked jasmine rice

Procedure:

1. Heat a 5 – 6 quart kitchen pot for about 2 minutes (medium high), add the coconut oil wait until medium hot (about 1-2 minutes). Skin side down add the chicken leaving enough space without crowding them. Turn and brown both sides. Cook half of chicken in hot oil until browned on both sides, about 7 minutes. Remove from pan; repeat with remaining chicken.
2. Return all chicken in the pot. Add garlic, peppercorn, and bay leaves. Mix to evenly distribute the spices and chicken is all in one layer if possible.
3. Slowly add the liquid – vinegar, soy sauce and coconut milk. Stir and bring to a boil.
4. Lower heat to simmer. Cover. (simmering is when the liquid is slightly lower than boiling point)
5. Check and stir chicken around to be sure it's not sticking at the bottom of pot, and not overflowing. Cook for about 15-20 minutes. If sauce is drying too fast, add a little water.
6. Test chicken for doneness, by cutting a slip through the bone. The bones should be free from pink or bloody membrane.
7. Transfer in a big bowl. Pick out all garlic cloves and return to pot. Sauté with 1 tablespoon coconut oil until golden brown. Return chicken to pot and mix to distribute the sautéed garlic. This will thicken and enrich the sauce.
8. Bring to a slow boil for a minute. Turn off heat. Let cool, uncover. If serving the next day – refrigerate)
9. To serve the next day, reheat.

Serves 6 – 7 portions

Adobo is best served the next day, to develop the flavor and for the chicken to reabsorb and infuse in the sauce. But, if you can't wait, serve it as soon as it's done.

Serve with freshly cooked rice. Garnish with scallions.

It is very common to make sandwiches with leftovers by flaking the chicken and add a little sauce. Try making it instead of grilled cheese.