

By: Ben Greer Approximately: 1998

FILIPINO ADOBO

Adobo is considered the national dish of the Philippines. In many cookbooks it is often identified as Philippine stew. In contemporary times Adobo has become a generic term which means the process of cooking meat, fish, poultry and vegetables in vinegar and garlic spiced with pepper corns and bay leaves. Adobo is a by product of Spanish influence.

Recipe

2 lbs. Chicken parts (cut into serving size)... All Parts work well

** I like wings and drum sticks

1 cup White Vinegar
1 cup Soy Sauce
4 cloves of garlic (minced)
1 tb Black ground pepper corn
2 bay Leaves
1 tb Sugar
1/2 cup water
2 medium Tomatoes
1/2 cup Green Onion

The vinegar, soy sauce garlic cloves, pepper, bay leaves and sugar can all be combined with the chicken to marinade for 3 to 4 hours. If possible over night.

The tomatoes are diced and the onions are cut in to strips. Later to be added to the Adobo when served.

When cooking there are many ways to prepare the dish. It really depends on how you like it. If you like it dry you may want to cook it in the marinade for only a while and then separate in to two dishes. The cook the meat again in a pan with a little oil. Then serve over rice, adding sauce and vegetables as desired.

I like to have it moist almost falling off the bone. So I fist cook the meat in a pan to help seal the out side. This is done with a little oil and minced garlic. I sprinkle a little sugar and soy sauce over it to help flavor the seal. Just after it is lightly browned I put it into the already boiling marinade that is now the sauce. I let cook for a good 30 min. I also like to have potatoes in my Adobo so about 15 min. In to cooking I add the diced potatoes. After all is done you serve over hot white rice.