



ADOBO CHICKEN

Arguably The Most Popular Dish In All The Philippines. Mine Uses Chicken Breasts Instead of Thighs.

Ok, I have to admit that I have never, ever had Adobo chicken before in my entire life. My Gringo brain always figured that it would be an extremely spicy dish. When I hear the word "adobo", I think of 'canned chipotle peppers in adobo sauce'. I ALWAYS thought adobo chicken was chicken in a spicy chipotle sauce.... oops. Turns out Adobo chicken is actually fantastic and there aren't even any chilis in it. It's pretty much soy sauce, vinegar, bay leaf and black peppercorns. It's sweet, savory, tangy and peppery.

Servings Info.:

Yields: 4 Chicken Breasts
 Servings: 4
 Serving Size: 1 Chicken Breast



- last checked 11/21/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Chicken:

- 4 large chicken breasts, boneless skinless

Marinade:

- 1/3 cup low sodium soy sauce
- 1/3 cup rice vinegar OR regular ol' distilled white vinegar
- 5 dried bay leaves
- 2 medium garlic cloves, minced
- 1/4 tsp baking soda... no questions... trust the science!

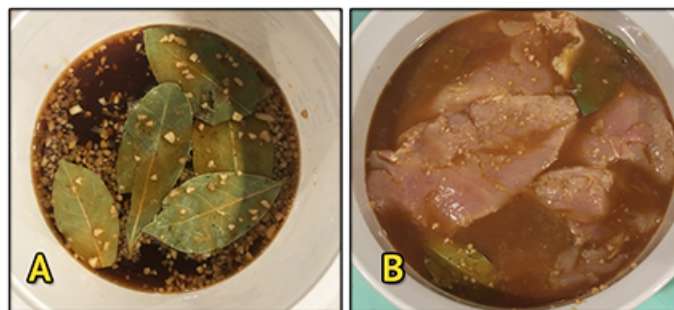
Sauce:

- 1-1/4 cups fat free chicken broth
- 1-1/2 tsp cornstarch, dissolved into broth
- 4 medium garlic cloves, minced
- 3 Tbsp 0 calorie brown sugar replacement o' choice
- 2-1/4 tsp paprika (it's not traditional... but just roll with it)
- 1 Tbsp no sugar added ketchup (for color)

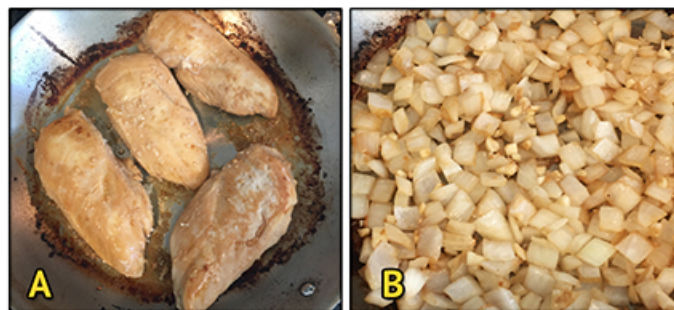
Additional Ingredients:

- 1 medium onion, diced
- 4 medium garlic cloves, minced.
- 1 Tbsp whole black peppercorns
- 1/4 tsp cracked black pepper
- green onions, thin sliced on a bias, for garnish
- 1 tsp sesame seeds for garnish

Directions:

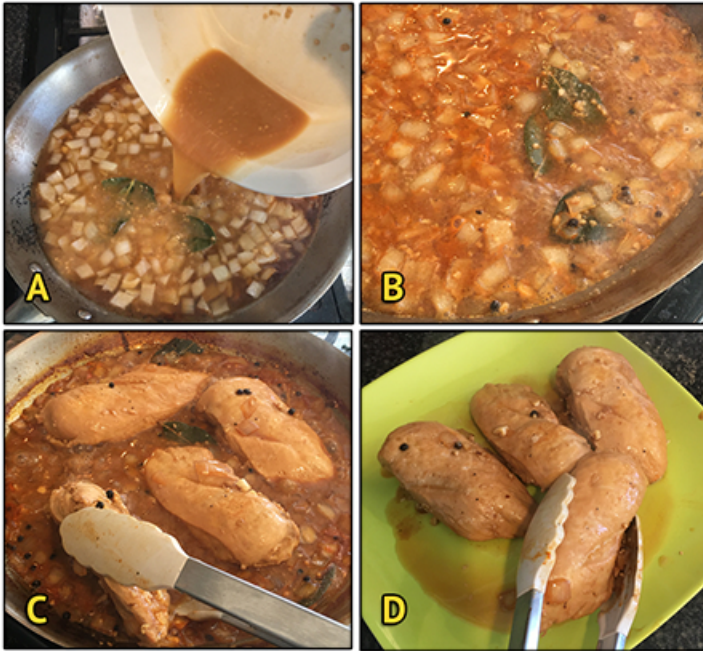


1. **(A)** Mix all of the marinade ingredients together. Allow the baking soda & vinegar a minute to stop fizzing. **(B)** Pour the marinade over the chicken breasts, smooth sides down. Cover with plastic wrap, let marinate for at least 1 hour, though overnight is preferable.

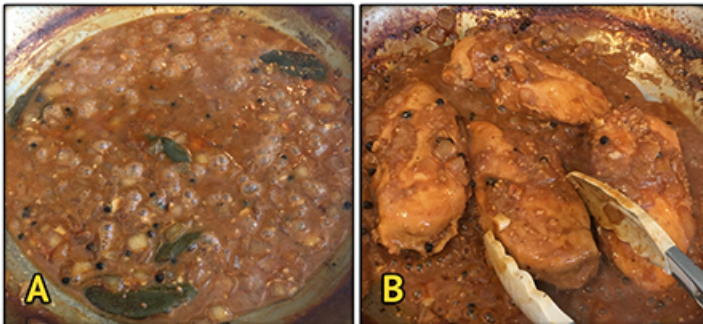


2. **(A)** Heat a large pan over HIGH heat for 1 minute. Spray with cooking spray, then add the chicken breasts to the pan, reserving the marinade. Cook for 1-1/2 minutes, without moving the chicken. Flip, then cook 1-1/2 more minutes. Remove chicken from pan, set aside. **(B)** Add the onion and garlic. Spray with cooking spray, cook for 4-5 minutes, or until onions are lightly caramelized.

3. While your onions are cooking, mix together the 'Sauce' ingredients. Ok, fine... you can make it ahead of time, too.



4. **(A)** When the onions are ready, pour in all of the reserved marinade, as well as the 'Sauce', black peppercorns and cracked black pepper. **(B)** Bring the sauce back up to a boil, reduce heat to medium-high, then simmer for 5 minutes. **(C)** Add the chicken breasts to the sauce, reduce heat to medium-low, then simmer the chicken in the sauce for 15 minutes, turning over occasionally. **(D)** After 15 minutes, remove chicken from the pan and set aside.



5. **(A)** Let the sauce continue to cook down for a few minutes, so it continues to reduce and thicken. **(B)** When your sauce has thickened, return chicken breasts to the pan. Cook the chicken for another minute or two in the thickening sauce, turning to coat.
6. Place the chicken onto a serving platter, cover with sauce, garnish with sliced green onions and sesame seeds, if desired.

NOTES & SUGGESTIONS:

- **COOK TIME:** The cook times listed in this recipe are based upon the LARGE, thick chicken breasts that I used. Seriously, I used Dolly Parton sized chicken breasts. If you make this dish with thin sliced chicken breasts, you'll need to experiment with reducing the cook-time for the initial pan sear, as well as the 15 minute 'braise'. Otherwise, your chicken could end up dry and tough from overcooking.
- **VEGETABLE BROTH:** "But Daniel... I'm a vegetarian... can I use vegetable broth instead of chicken broth?" Sure, but... umm... this is still a chicken dish...
- **PAPRIKA & KETCHUP!?!?!:** Calm your jets, turbo! Because I wanted the dish to have a reddish hue, I added paprika and one teeeny tiny Tbsp of ketchup to the sauce. It's completely optional. Leave it out if you want, but your finished sauce will be brown, rather than auburn-red, like my sauce (pictured).
- **PEPPERCORNS:** In the database, black peppercorns gain points, so this recipe gains 1 ingredient point from black peppercorns. However, if you aren't a points-stickler, and are one of those "I don't count points for spices!!!" people, ignore it. Then, your serving of chicken is 0 points on both plans. You do you, Boo.

