



BENDIGO

# Foodshare



Chicken Adobo



# Ingredients - Serves 15

## Chicken and Marinade

- **3kg chicken thigh fillets**
- **1 bulb garlic**
- **1 cup soy sauce**
- **1 ½ cups white vinegar (rice wine vinegar, white wine, or apple cider vinegar).**
- **6 Bay leaves**

## Cooking

- **½ cup vegetable oil**
- **1 bulb garlic**
- **4 onions**
- **1.5 litres water**
- **½ - 1 cup brown sugar**
- **Black pepper**
- **Garnish**
- **Spring onion, to garnish**

# Method

- 1. Cut chicken into large pieces and marinade for at least 30 minutes.**
- 2. Prepare onion and garlic.**
- 3. Heat ¼ oil in a frying pan. Remove chicken from marinade and fry until brown on both sides but not cooked through.**
- 4. Heat remaining oil in a large pot and fry onion and garlic.**
- 5. Add remaining marinade, sugar, water and pepper. Boil then simmer for 5 minutes.**
- 6. Add the chicken and simmer for 20 mins, lid off, until the chicken is cooked through.**
- 7. If the sauce is not thick enough, remove chicken and boil sauce to evaporate and thicken.**
- 8. Serve chicken on a bed of rice, coated in sauce, and garnished with spring onion.**