FILIPINO · DINNER

Filipino Chicken Adobo

120 min · Serves 4 · 376 kcal a serve · Video 13:24 · Panlasang Pinoy

No dairy listed · No nuts listed

A braise of chicken, garlic, vinegar and pepper with only a teaspoon of sugar, unlike sweeter adobo versions. One serve gives about 30 g of protein, plus B vitamins and selenium from the chicken.

Diet notes: Keto (3.3 g net carbs a serve); Paleo with a swap: coconut aminos instead of the soy sauce, olive, avocado or coconut oil instead of the canola or vegetable oil, leave out the sugar; Gluten-free with a swap: Use tamari instead of soy sauce.

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Ingredients 10 · SERVES 4

- [ ] 900 g **bone-in chicken**, cut into serving pieces
- [ ] 5 cloves **garlic**, crushed
- [ ] 4 tbsp **soy sauce**
- [ ] 6 tbsp **white vinegar**
- [ ] 350 ml **water** (mostly cooked off)
- [ ] **Canola or vegetable oil**: 3 tbsp cooking oil
- [ ] 1 tsp **sugar** (optional)
- [ ] ¼ tsp **salt**
- [ ] 1 tsp whole **peppercorns**, lightly cracked
- [ ] 3 **dried bay leaves**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into serving pieces. Crush the garlic well, mix it through the chicken with the soy sauce and marinate for at least 1 hour, ideally 3. Keep the vinegar for later. 1:32
2. Heat the oil in a pot over high heat. Lift the chicken out of the marinade and brown it in batches, about 2 minutes per side. It doesn't need to cook through (this step is optional). 3:00
3. Pour in the leftover marinade and the water and scrape up the browned bits. Return the chicken, add the cracked peppercorns and bay leaves, cover and bring to the boil. 5:04
4. Turn the heat to low and simmer 25–30 minutes, turning the chicken halfway and leaving the lid off for the second half so the liquid reduces. 6:50
5. Pour in the vinegar without stirring, cover and let it come back to the boil, then stir. Add the sugar if using and simmer a few minutes more. 7:40
6. Lift out the chicken so it doesn't overcook, season the sauce with the salt and boil until reduced to your liking, then pour it over the chicken. Serve with rice. 10:00

> **Tip** Serves 4 with rice. For a leaner adobo, take the skin off, skip the browning and use 1 tbsp oil. It tastes even better the next day; keeps 4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
376 kcal 1,570 kJ	32 g 63% of a day	3.6 g 3.3 g net · 1.2 g sugars 1% of a day	0.4 g 1% of a day	25 g 4.9 g saturated 32% of a day	1,120 mg 49% of a day

Energy from net carbs 4% · protein 35% · fat 61% — fits keto: 3.3 g net carbs, 61% of the energy from fat

High in (20%+ of a day) Omega-3 64% · Selenium 49% · Vitamin B6 30% · Zinc 20%

Source of (10–19%) Vitamin E 14% · Vitamin B12 14% · Iron 10% · Magnesium 10% · Vitamin K 10%

Recipe and video: Panlasang Pinoy (@panlasangpinoy) on YouTube — youtube.com/watch?v=FWjp0ieChzs, published 21 March 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/filipino-chicken-adobo-traditional