

# Adobo

Adobo is considered by many to be the Philippines' national dish. It is a tangy, spicy stew served over rice. It can be made with chicken, pork, or both. We hope you enjoy this wonderful dish as you learn about the beautiful Philippines.

## What You Need

### For Marinade/Glaze

- 1 pound boneless, skinless chicken thighs or pork loin
- 2 whole dry bay leaves
- 2 tablespoons minced garlic
- 1/3 cup soy sauce or teriyaki sauce
- 1/3 cup vinegar
- 1 teaspoon Italian seasoning (or 1/2 teaspoon each oregano and thyme)
- 1/2 small onion, chopped fine
- 1/2 teaspoon dry red pepper flakes or chili or Scotch bonnet pepper paste
- 1/2 teaspoon seasoned salt
- 1 tablespoon brown sugar or honey
- 1/2 lime, juice (no seeds) and zest
- 1 tablespoon vegetable oil

1. Cut the meat into slices. Place meat and bay leaves in a container with an air-tight lid.
2. Whisk (or mix briefly in a blender) remaining ingredients together.
3. Pour blend over the meat, seal with the lid, and place in the refrigerator for 1–2 hours.

### For Skillet

- 2 tablespoons vegetable oil
- 1 cup chicken or vegetable broth
- salt and pepper

### For Serving

- 3 cups steamed white rice
- 2 green onions, sliced at an angle, or fresh parsley (optional)

4. Heat oil in skillet on medium-high.
5. Use tongs to remove meat from marinade and place in skillet. Sear meat on both sides and sprinkle with salt and pepper.
6. Pour the marinade over the meat, turn heat down to medium-low, and place the lid on the skillet. Simmer for 15 minutes, then add broth to the pan. Simmer 30–45 more minutes, until the meat falls apart when pierced with a fork.
7. Serve meat and sauce over steamed rice. If desired, sprinkle with onion or fresh parsley.

