

Adobong Moderno

Pacific Crossings by Lily Gamboa O'Boyle, Acacia Corporation, NY, 1994

Servings: 5



Ingredients

Meat...

- 1 kilo (2.2 lbs.) chicken thighs
- ½ cup native vinegar
- 2 tbsp soy sauce
- 1 small head garlic, crushed
- ½ tsp salt
- ½ tsp ground pepper
- ½ cup water
- 1 egg white, beaten
- ½ cup flour
- ½ cup cornstarch
- ½ tsp salt
- ½ tsp ground pepper

Adobo Dip...

- 1 cup mayonnaise
- ¼ cup adobo sauce
- 2 tbsp parsley, minced
- 1 tsp garlic, minced

Cooking Method

For Meat...

1. In a saucepan, combine chicken, vinegar, soy sauce, garlic, salt and pepper.
2. Bring to a boil and simmer.
3. When the mixture dries up, I add water and continue cooking for about 15 minutes until chicken is tender.
4. Remove chicken from pan and strain remaining sauce.
5. Set aside.
6. Debone chicken and cut in half.
7. Combine flour, cornstarch, salt and pepper.
8. Dip chicken in egg white and dredge in the dry ingredients.
9. Fry in hot oil until golden and crisp.

For Adobo Dip:

- Combine ingredients and serve with the adobo.