

# Chicken Adobo

By Ludy Montenegro Solheim of Kailua

Servings: 11



## Ingredients

- 5 pounds chicken thighs
- ½ cup vinegar
- ½ cup soy sauce
- 1 tablespoon sugar
- 1 whole cinnamon stick or 1 whole star anise
- 1 clove garlic, smashed
- 10 pieces peppercorn
- 2 bay leaves

## Cooking Method

In a kettle, place chicken, then add remaining ingredients.

1. Cover and cook on high heat for 5 minutes.
2. Reduce heat to medium and cook for 45 minutes.
3. If extra-tender chicken is desired, cook on low for 45 minutes longer.

**Note:** To reduce fat content, leave skin on chicken during cooking to enhance flavor, then remove chicken skin before eating.

**Variations:** Can substitute 2½ pounds chicken with 2 pounds lean boneless pork or beef; or substitute 4 pounds lean boneless pork only, sliced into desired serving-size pieces.