



Chicken Adobo



In the Philippines, garlic is used in generous quantities. The following recipe has the advantage of being low fat as well as extremely tasty. It can be used for pork as well as chicken.

Ingredients

4 pounds chicken, whole or parts, cut into serving size pieces
1/2 cup vinegar, white cider, or wine
10 to 12 fresh garlic cloves, peeled and cut in half
1/2 cup soy sauce
1/2 cup water
Coarse ground black pepper to taste

Directions

Remove chicken skin to save calories, if desired. Brown chicken briefly on all sides in a large non-stick skillet. Drain off fat. Add garlic, soy, vinegar, water and pepper. Cover and simmer at least 30 minutes or until very tender. Turn chicken once during cooking.

Serve with rice to soak up the juice.

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