



chicken  
*Adobo*  
with cucumber vinegar sauce

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Serves 4

**Ingredients (Chicken Adobo)**

- 1 ½ cup (375 ml) rice vinegar
- 1 cup (250 ml) coconut milk
- ¼ cup (63 ml) soy sauce
- 12 garlic cloves, peeled and minced
- 3 bay leaves
- 1 ½ tsp. (8 g) ground black pepper
- 3 ½ lbs (1.4 kg) whole chicken, quartered and cut into pieces
- Steamed jasmine rice for a side

**Method (Chicken Adobo)**

1. In a resealable plastic bag, combine rice vinegar, coconut milk, soy sauce, garlic, bay leaves and ground pepper.
2. Add the chicken pieces and turn to coat the marinade.
3. Refrigerate for at least 2 hours or overnight.
4. In a large Dutch oven, heat the chicken with marinade over high heat and bring to a boil.
5. Reduce the heat to a simmer until chicken is cooked, stirring occasionally to coat chicken with the marinade.
6. Transfer the chicken pieces to a large serving platter. Serve with steamed jasmine rice and cucumber vinegar sauce.

**Ingredients (Cucumber Vinegar Sauce)**

- 1 cup (250 ml) white vinegar
- 6 tbsp. (90 g) super fine sugar
- 2 tsp. (10 g) sambal oelek (red chilies ground with salt)
- 1 tbsp. (15 g) cilantro, finely chopped
- 2 tbsp. (30 g) Paysanne cucumbers, peeled, seeded and finely chopped

**Method (Cucumber Vinegar Sauce)**

1. In a small pan over medium heat, combine the white vinegar, sugar, and the sambal oelek.
2. Gently heat the mix until the sugar is dissolved and the chili paste is thoroughly mixed.
3. Remove the mixture from the heat and pour into a bowl to cool.
4. Once the mixture is cool, stir in the cilantro and cucumber and serve immediately.

**Nutritional Facts per serving (526 g): Calories 780**

Fat 38 g (58 %), Saturated Fat 18 g + Trans Fat 0 g (90 %), Cholesterol 165 mg, Sodium 1090 mg (45 %), Carbohydrate 50 g (17 %), Fiber 2 g (8 %), Sugars 19 g, Protein 58 g, Vit A (15 %), Vit C (8 %), Calcium (6 %), Iron (35 %). % = % Daily Value