



Chicken Adobo (Filipino Style Braised Chicken)

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Chicken Adobo is a classic Filipino dish featuring bone-in, skin-on chicken legs braised in a savory and tangy sauce made from soy sauce, rice vinegar, garlic, black peppercorns and bay leaves. The dish is known for its balance of salty and vinegary flavors and is traditionally served with steamed white rice or garlic fried rice.

Servings: 5 → 40

PREP TIME

5 MIN

COOKING TIME

45 MIN

TOTAL TIME

50 MIN

Ingredients

1/2 cup canola oil
20 pounds chicken drumsticks, bone-in, skin-on and/or thighs
1/2 tablespoon plus 1/2 teaspoon salt
64 garlic, thinly sliced, cloves
2 tablespoons ground bay leaf
1/4 cup whole black peppercorn
10 cups water
8 cups low sodium soy sauce
8 cups rice vinegar

Nutrition

Calories 238, Total Fat 7g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 1g, Cholesterol 147mg, Sodium 2092mg, Total Carbohydrates 4g, Dietary Fiber 0g, Sugar 0g, Protein 35g, Vitamin A 9IU, Vitamin C 1mg, Calcium 32mg, Iron 0mg, Phosphorous 94mg, Potassium 208mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost chicken in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep garlic as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
4. Heat oil in a heavy-bottomed pot or Dutch oven over medium heat until it shimmers.
5. Blot chicken dry with paper towels, then season lightly all over with salt.
6. Add chicken pieces to the pot in a single layer, skin side down, in batches if needed to avoid overcrowding.
7. Cook until well browned on the skin side, about 6 to 7 minutes. Flip chicken and cook the other side until lightly browned, about 3 minutes. Transfer chicken to a pan.
CCP: Hold at an internal temperature of 135°F (57°C) and above.
8. Add garlic, bay leaves, and black peppercorns to the empty pot and cook, stirring constantly, until fragrant and garlic is light golden, about 30 seconds.
9. Add water and stir to scrape up brown bits from the bottom of the pot.
10. Add soy sauce and vinegar, return chicken pieces to the pot, increase heat to high, and bring to a boil. Reduce heat to low, cover, and simmer to the stated CCP temperature, about 20 minutes, turning chicken halfway through.
CCP: Cook to a minimum internal temperature of 165 °F (74°C).
11. Hold for service.
CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve 3 ounces (~1 thigh and 1 drumstick) using tongs for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Roast Chicken Breast

Low Sodium: Baked Chicken Thigh

Vegetarian: Seitan Chicken (Vegan Chicken) OR refer to Vegetarian Tip Sheet for products

Gluten Free: Baked Chicken Thigh

****TEXTURES & CONSISTENCIES****

FF: Baked Chicken Thigh

EC7/Soft: Easy to Chew (Soft) Chicken Adobo

SB6: Soft & Bite Sized (Soft) Chicken Adobo

MM5: Minced & Moist (Soft) Chicken Adobo

PU4: Pureed (Soft) Chicken Adobo

Allergens

soybean, wheat

Equipment

stock pot or dutch oven, tongs

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 9.11.25. If desired, serve with steamed or garlic fried rice (see linked recipes).

Tags

parent recipe, serious eats, hot hold, lunch, dinner, entree/main dish, entree, chicken, filipino, diabetic, stock pot or dutch oven, tongs, dairy free, regular, october collection, asian
