

# FILIPINO ADOBO (CHICKEN OR TOFU)

## WITH COCONUT MILK & RICE

### INGREDIENTS

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#### Proteins

- 4 lbs. (1.8kg) bone-in, skin-on, dark meat chicken

*Drumsticks, thighs, and/or wings*

*Prior to cooking, take out of the fridge and leave out to come to room temperature (about 30 minutes).*

**or**

- 1 large block of firm/extra firm tofu (around 500 g)
- 10.5 oz (300 g) thickly-sliced mushrooms (Optional, but highly recommended)

*Prior to cooking, wrap the tofu block in paper towels, set on a plate and on the tofu block, place a cutting board or frying pan weighted down with something heavy (cans work, I use a heavy book). Leave for 30 minutes. This will squeeze out excess water.*

#### Sauce

- 2 tbsp neutral oil (canola or coconut oil work great, olive oil not recommended)
- ¼ cup (60 ml) soy sauce
- ½ cup (120 ml) white vinegar  
*Distilled white, rice, coconut, and cane all work.*
- 1 can (14 oz/400 ml) unsweetened coconut milk  
*Get the highest fat content you can find.*
- 10–15 cloves of garlic, roughly chopped or put through a garlic press
- 2 tsp whole black peppercorns
- 1 tsp freshly ground black pepper
- 5–8 bay leaves
- Corn starch as needed

#### Garnish & Sides

- 1–2 spring onion(s), thinly sliced
- 1 bunch of chopped cilantro (optional)
- Cooked rice for serving  
*Prepare beforehand or simultaneously.*

### INSTRUCTIONS

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1. Prepare rice and keep warm. Or use leftover rice.
2. Prepare proteins  
**Chicken:** If using legs, separate the thighs from the drumsticks. If using wings, separate the flats from the drumettes. Coat in freshly ground black pepper.  
**Tofu:** Pat dry, cut into bite-sized cubes, and coat in corn starch.
3. In a large pot or wide, heavy pan, heat the oil over medium-high until shimmering.
4. Cook your proteins:  
**Chicken:** Add the chicken to the hot pan, skin-side down, and cook over medium-high, undisturbed, until fat starts to render and the skin starts to brown, about 5 minutes. Then flip to let the other side cook.  
**Tofu:** Add in tofu cubes. Let sit in hot oil until the bottom is crispy, then toss to cook the other sides. Once the tofu is cooked and crispy, take it out of the pan and let drain on a plate with a paper towel. Then add more oil to the pan. If using mushrooms, add them in now and let them start to brown.
5. Add the garlic, whole peppercorns, lower the temperature to medium-low and cook, stirring occasionally, until garlic is toasted and softened and mixture is fragrant, about 5 minutes.
6. Stir in the soy sauce, vinegar, coconut milk, bay leaves, and let the mixture come to a boil. Reduce heat to medium and simmer until the chicken is cooked, stirring occasionally. If the sauce reduces too much before chicken is cooked, add some water and stir.
7. Taste the sauce for flavor. Add seasoning as needed. If more salt is needed, add more soy sauce.
8. Increase the temperature to medium-high, add corn starch to sauce and stir. Keep stirring occasionally, until sauce is thickened to a velvety gravy.  
**Tofu:** Add the tofu back in to re-heat.
9. Crack black pepper over the mixture and serve over rice. Garnish with sliced spring onions and cilantro.