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Chicken Adobo (Filipino Cuisine)

Filipinos have very specific food and traits. We have varieties of cuisine from salty, sour, sweet, bitter, and many more. One of the best known and popular dishes in the Philippines is the Chicken Adobo, which is my favorite among all. This native dish was created long ago by the native Filipinos, who started to think of what they could make out of the chicken; they were able to create this dish and named it Chicken Adobo. Chicken Adobo is composed of sweet and sour tastes. This tasty dish has sauciness and is tender, which makes the dish flavorful.

I first saw a Chicken Adobo dish when I was a little kid. I smelled the sweet and sour texture of it without tasting it yet. As a kid I had imagined that it was like sweet sugary candy that was dipped into a sour powder, but now, I can differentiate and describe it. This sweet and sour taste of the Chicken Adobo is because of the soy sauce that is mixed with vinegar and brown sugar. There are many added seasonings, and spices that make this dish taste incredible. Then the dish is slowly steamed by the low heat until it reaches the boiling point. Some Filipino people preferred to marinate it with salt, garlic, pepper, onion, soy sauce and vinegar for one hour prior to cooking to give its luscious flavor. In addition, I also make sure that sauciness is not just on the outside of the chicken, but on the inside as well.

The sauce of Chicken Adobo is mostly made of sour vinegar, salt, and the sweetness of brown sugar, along with the seasonings to improve the sauce. When you make the sauce, you have to make sure that the liquid is not too thick or too light. You have to touch the sauce between two fingers to feel its texture. It should be in the middle between the two of them. On the other hand, you may add chili on it if you like. Your Chicken Adobo can also be spicy, which I like, but mostly Filipinos don’t care for the spicy version. The color of the sauce of Chicken Adobo should be rich and dark enough to attract your eyes. The chicken should be brown, and the sauce that comes with it is as dark as soy sauce. Above flavorful smell and the saucy sweet and sour sauce is the tenderness of the chicken itself. As Frank Perdue said, “It takes a tough man to make a tender chicken.” In my case, it takes a tough woman.

There are a lot of methods that we Filipinos use to achieve this juiciness and tenderness of the chicken, but I will talk about the two most common methods that my family used. One of them is the cooking temperature. My mom said that low temperature cooking gives the chicken time to moisten on the inside as well as the outer part of the chicken. The second one is brining the chicken for an hour before it is cooked, and this is my favorite method. I still remember when I first tasted Chicken Adobo made by my mom. I often ate Chicken Adobo with rice. I usually ate the rice first with the sauce on top of it. I could see how the grains of the rice separated from each other because of the liquid sauce of the Chicken Adobo. Then followed the chicken bursting with flavor; the piping hotness of the dish gave a delicious taste inside my mouth.

In conclusion, it is so incredible to describe this magnificent food from my country. That makes my mouth feel and look like there’s a delivery man inside of me who delivers the sweet and sour taste, the flavorful sauce, and of course the tenderness of the chicken, to its final destination. Sometimes it made me think that maybe as the time would pass, this incredible and unique dish would begin to transform to another piece of creation because of the modernization of our time, the technology itself and the people. As we entered another decade, it made me feel that the following generation could not make it. I feel like they also deserve to have and experience this creation.

