



## The Cultured Chef



### **6 SERVINGS**

#### **Adobong Manok**

- 6 teaspoon oil
- 6 chicken drumstick, thigh or breast
- Salt and pepper to taste
- 6 garlic clove section
- 6 fresh bay leaf
- 6 tablespoons of water
- 1 + 1/2 cup of soya sauce
- 1 + 1/2 cup of rice vinegar or white vinegar
- 6 teaspoons of brown sugar

Heat skillet to medium-high heat, put oil and garlic in frying pan, brown chicken on all sides then add remaining ingredients except for sugar. Cook on medium heat until chicken is cooked thoroughly. Add sugar at the end to balance the taste. Can be cooked in a crockpot or oven after the chicken has been browned.

#### **Chop Suey**

- 30 snow peas
- 1 + 1/2 cans of young corn
- 12 carrots
- 1 + 1/2 red pepper
- 1 + 1/2 green pepper
- 4 + 1/2 cups cauliflower florets
- 1 + 1/2 cup chopped cabbage
- 1 + 1/2 yellow onion sliced
- 3 teaspoons cornstarch
- 4 + 1/2 tablespoons cooking oil
- 1 + 1/2 cans of chicken broth
- 1 + 1/2 cups of soya sauce
- Salt and ground pepper to taste

Wash and cut all vegetables. In a large frying pan on medium to high heat add oil, onion, and garlic then sauté (optional add ginger or meat- seafood, chicken, pork). When onion and garlic are browned, add meat, and cook thoroughly. Add 1/2 of the chicken broth and all soya sauce then add 1/2 cornstarch. To soften vegetables, place lid on pan and stir often in between additions while veggies are sautéing. In a small bowl, stir together remaining chicken broth and cornstarch. When vegetables are cooked (still firm not mushy) add cornstarch and broth mixture. Cover with lid and cook for additional 2-5 minutes until broth thickens. Plate and garnish with choice of boiled egg, raw onion rings or any garnish of your choice. Salt & Pepper to taste.