

## Chicken Adobo sous-vide



### Ingredients:

For 2 servings

- 2 chicken thighs, skin and bones removed, about 225 grams/0.5 lbs
- 1 clove garlic
- 2 Tbsp white wine vinegar
- 2 Tbsp (Japanese) soy sauce
- 2 Tbsp concentrated chicken stock
- 1 tsp black pepper corns, crushed
- 1 clove garlic, minced
- 1 bay leaf
- 1 Tbsp vegetable oil

### Preparation:

- Pre-heat the water bath to 64C/147F.
- Wash and dry the chicken thighs. Heat the oil in a frying pan and brown the chicken quickly over high heat on both sides. Take out the chicken.
- Lower the heat and sauté the minced garlic briefly. Add vinegar, soy sauce and chicken stock before the garlic starts to color. Add bay leaf and pepper corns.



- Put the chicken thighs in a sous-vide zip pouch. Add the contents of the frying pan. Wrap the bay leaf in plastic wrap to prevent it giving off too much taste where it touches the chicken.
- Use the water displacement method (i.e. submerge the pouch) to seal the pouch with as little air as possible still remaining. Cook sous-vide for 90 minutes.

Serve on pre-heated plates with the sauce from the bag with rice and vegetables.

### Wine pairing

Good with pinot bianco/pinot blanc/weissburgunder.

