

Reading & Writing Quarterly Assessment Essay Entry #5: Your Add-On Article

Type of Text: Process Text

Topic: How to make my Mom's Recipe of Adobo:

Process Outline:

- I. Introduction:
 - a. Main Topic Discussion/Hook Sentence
 - b. 2-3 Background of the Situation
 - c. Thesis Statement
- II. First Step (Ingredients):
 - a. Supporting Details
 - b. Explanation
- III. Second Step (Equipment):
 - a. Supporting Details
 - b. Explanation
- IV. Third Step (Setting the Ingredients):
 - a. Supporting Details
 - b. Explanation
- V. Fourth Step (Cooking the chicken):
 - a. Supporting Details
 - b. Explanation
- VI. Fifth Step (Making the slurry):
 - a. Supporting Details
 - b. Explanation
- VII. Sixth Step (Continue cooking the chicken):
 - a. Supporting Details
 - b. Explanation
- VIII. Seventh Step (Serving the Adobo):
 - a. Supporting Details
 - b. Explanation
- IX. Conclusion:
 - a. Recalling thesis Statement
 - b. Summary of the Key Points
 - c. Final Remarks/Words of Encouragement

The Chicken Adobo is a type of Filipino chicken stew that originated in the Philippines. Chicken pieces are marinated in soy sauce and spices, pan-fried and stewed until tender. The dish gained popularity because of its delicious taste and ease in preparation. Today, I'm going to explain my mom's variation of the Chicken Adobo recipe with a few added steps and methods to make the original Chicken Adobo taste a bit better. This recipe will take about around 30

minutes. You can also use pork instead of chicken but it will take a longer simmer time, which increases the total time of the recipe to about around 40 minutes. Our famous Filipino Adobo derive from the different cultures that influenced our country. Each version of adobos in each household varies from one household to another, in my particular household; my mom's version of adobo is a fusion of Chinese and Spanish influences. It's also an easy dish that you can follow and you will certainly enjoy, because of its flavor and aroma.

To start off, we first need our **ingredients**; there are seven types of ingredients on our list. We have meat, aromatics, vegetables, herbs and spices, then our marinade and slurry, which are the two liquids in our ingredients. You can also add 4 boiled eggs into our list of ingredients if you want some boiled eggs in your Chicken Adobo. For our meat, we need a kilo of Chicken Adobo cut, it could be around 1 to 1.5 kilos, there are chicken adobo cuts available in supermarkets and meat stores, but if there aren't any, you can ask your local butcher to chop your chicken into pieces. For our aromatics, we need 1 whole garlic and 1 medium onion, (the garlic must have 8-10 cloves). For our vegetables, we need two Medium Potatoes. For our Herbs & Spices, we need 2-3 pieces of Laurel leaves to make it smell good. We will also need cooking oil to fry our herbs, spices, vegetables and our chicken. For the marinade, we need 2 parts of vinegar and 1 part of soy sauce, each part is 50 millimeters, then we need 1 table spoon of oyster sauce and 1 tablespoon of either brown or white sugar. For our Slurry, we need 2 tablespoons of water and 1 tablespoon of cornstarch flour. If you want, it's optional to add 4 boiled eggs to our Chicken Adobo to add extra flavor to the Chicken Adobo.

The second thing we need is our **equipment**. This list of equipment is what my mom uses to cook her Chicken Adobo recipe. We would need a bowl, this is where we put our liquid marinade, a small bowl for the slurry sauce and then a big bowl for the chicken pieces and a platter to organize the vegetables, herbs and spices. We will also need a frying pan or a medium sauce pot that are either stainless or non-stick, either one works, this is where we cook the chicken and then a sautéing laddle to sauté the Chicken and other ingredients. Of course, we also need a chopping knife and a chopping board to prepare our vegetables, like smashing the gloves of our garlic and to chop our onions, potatoes, since the meat is already cut, we won't be using our knife to chop any meat.

Finally, we can go on with the procedures in making my mom's Chicken Adobo recipe. The first major step, is setting the **ingredients** for cooking our Chicken Adobo. First, we need to set our chopping board for the aromatics and vegetables before preparing the meat. We need to peel the cloves of the garlic by smashing it and then we set it aside. We need to do this to make our food flavorful later. Next is the onion, we need to peel the skin of the onion and then chop it into quarters, meaning you have to slice the onion into halves two times. Next is the medium potatoes, peel the potato and chop it into big cubes, and then we put the big cubes of potatoes on a bowl of water to avoid from darkening or oxidation. Next is the marinade sauce, we will need to measure our liquids for our marinade, then mix the marinade ingredients in a bowl, then taste the sauce, you may also adjust it according to your taste. Set it aside, we will need this for our sauce in the Chicken adobo. Next is preparing the chicken, we need to clean, wash and drain the water, and then set aside in a bowl, clean your hands afterwards. Next is to

fry our potatoes, my mom likes to put fried potatoes in the adobo to add texture, first we put about 3 table spoons of cooking oil on the pan. Then, we heat the cooking oil for a few minutes and then we start frying the potatoes, and then if all your potatoes have at least two sides that are fried & golden brown, you can remove and put the potatoes on a plate with towel napkin to remove excess oil. Next is sautéing the onion and garlic, with the remaining oil in the pan, sauté the onion and garlic for 1 min on low fire, and then after that, you can either set it aside or retain the onion and garlic on the pan.

The second major step of the procedure is to **cook or sautéing our chicken** in the pan. We would need to brown the chicken by searing it, you will see bits of brown on the skin to seal the moisture of the chicken. With our ingredients ready to be placed to the pan. We can then continue to the second major step which is to cook the chicken. First, we need to fry the Chicken pieces skin side first. If the blood is almost gone and there's a bit of brown on the skin, that means the chicken cube is almost cooked, we can then put our aromatics in which is our onion slices and then put our smashed garlic cloves in, we need to do this to add flavor to the chicken. Next is to add more flavor and fragrance to our Chicken Adobo, we would need our laurel leaves and place it anywhere in the pan with our Chicken adobo, this will add its distinct flavor and a good smell to our Chicken adobo. Next is to pour the blended marinate to the pan, which will give it some sweet salty taste to the chicken. Next is to simmer our chicken for a while, we will need to cover the pan with a lid and then set your gas stove to medium heat, and then we will let it simmer for 25-30 minutes to reduce the liquid.

The third major step is adding the slurry, now this will give the sauce of the Chicken adobo it's viscosity that will make the sauce more thick and appealing to eat. We would need a separate container to dissolve 1 tablespoon of cornstarch in 2 tablespoons of water. Now mix it until the sauce becomes a bit slurry and sticky.

Let's check if the liquid inside the Chicken adobo is reduced to almost half the size of the pan. If it is then we can move on to our fourth major step. The fourth major step is to add in your fried potatoes then pour mixed slurry and fold in everything to incorporate the adobo sauce to complete the dish. Next is to reduce the fire to low heat so that we can wait for the sauce to thicken, lowering the heat will enable the sauce to thicken.

The last step is the serving of the Chicken adobo. We would need our big bowl for this because this is where we'll put our Chicken adobo. If you like you can add 4 of your boiled eggs to the Chicken Adobo to add as additional topping to your Chicken Adobo. Finally, our Chicken Adobo is complete.

The famous Filipino adobo derive from the different cultures that influenced our country, which is mostly Chinese & Spanish. Each version of Adobos of each household varies from one household to another, in my particular household, my mom's version of adobo is a fusion of Chinese and Spanish influence. Mostly Chinese influence because I have a pure Chinese grandfather myself. It's also an easy dish to follow which you will all enjoy once you get the recipe done. To summarize, the first step of making my mom's version of the Chicken Adobo,

you have to set the ingredients for cooking the Chicken Adobo, which is to quarterly chop the garlicks, the onions and the potatoes. The next one is to make the marinade or sauce and then clean the chicken, and then after that you will need to fry the potatoes and then sauté the onion and garlic in the pan. The second part is to fry the chopped chicken pieces, which is to incorporate everything into the pot or pan, then letting it simmer for 25-30 minutes and then while waiting, you can do the third step which is to make the slurry for the sauce in order to make it thicker. After waiting, you can check if the liquid is reduced by half the size of the pan and then, you can incorporate the slurry sauce to the marinade in the pan. Then you're done, you serve it hot in a big bowl, and if you want you can add 4 boiled eggs to the adobo dish to add flavor to it. And that's it for my mom's recipe, pretty easy? Well for the most part it is.

If there is anything that I can eat that I won't get tired off, it's the Filipino Adobo, it's so flavorful that it feels like it takes years to understand all its flavor, my mom's recipe just enhances this experience by making it taste better and making it easier to prepare. It is really simple, you don't need fancy tools to make this dish, you just need patience, determination and a perfect practice of your palate. Make sure to understand what each ingredient does before adding it to your dish, because a single ingredient can change its entire flavor.

References:

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