

# Pollo Asado



There was an insanely authentic and delicious Mexican food dive in the general vicinity of my college campus. It was basically a hut with a drive-through—I'm not even sure it had a seating area inside—and it was the perfect fare for my fellow dormmates and me: high on fat and flavor, incredibly cheap, open all night. The two or three people who worked there were friendly and upbeat and made the most incredible quesadillas I've ever eaten—ones I've never been able to duplicate to this day. What was that mysterious cheese? I think it was all a dream. They also sold carne asada and pollo asado tacos and burritos. I didn't eat them because I was a vegetarian in college for reasons I still don't understand. But I still don't understand acid wash, either. Or neon scrunchies. Or Sun-In.

Pollo Asado is marinated Mexican (or Cuban, depending on your perspective) grilled chicken, seasoned in any number of ways. I took a basic/citrus approach, but you can add cumin or other spices to give it whatever kick you like. But the magic, to me, is not the chicken itself, but what you do with it after it's cooked: serve the pieces whole, with warm tortillas and pico de gallo...and whatever other scrumptious sides you can manage.

It's how grilled chicken should always be served.



Here's what you need for the marinade.





Measure 1/2 cup olive oil, then grab a couple of oranges and whack 'em in half.



Squeeze enough oranges to make half a cup of juice.

ADVERTISEMENT



And if you don't have enough oranges, which I did not...





Just supplement with some storebought stuff.



Lemons are best, but I had no lemons. I had no lemons because I have a mental block about buying lemons when I go to the grocery store. I've needed lemons for approximately fourteen years now, and I can't seem to remember to buy them.



When this bottled stuff runs out, I'm gonna be in a world of hurt.





You'll also need a couple of limes.



And a disturbing, freaky pink alien hand to do the hard work.



As you squeeze the fruit, throw it into the bowl or bag that you plan to use to marinate the chicken.





Next add salt...



And pepper.



Then grab three or four cloves of garlic...





And use your aggressions and frustrations to violently smash them.



Throw them into the marinade...



Then whisk it all together.





Throw a bunch of chicken legs into the bowl (or bag) with the squeezed fruit, and add a couple of peeled, quartered onions.



Pour the marinade all over the chicken, then toss, cover with plastic wrap, and refrigerate for at least a couple of hours. Mo' is better, though.

And glass bowls are better. But I have to be me.



While the chicken's marinating, make some pico de gallo: you'll need chopped tomatoes...





Onions...



Jalapenos...

And lots and lots of cilantro, not shown because I'm an airhead.



When you're ready to cook the chicken (and really, be sure to let it marinate and marinate and marinate first) arrange it on a broiler pan. Preheat the broiler and arrange the rack toward the bottom of the oven, and broil the chicken for 20 to 25 minutes, turning and marinating the chicken once during the cooking process.





While the chicken is cooking, warm some corn tortillas in a separate oven (or wait until the chicken's done)...



And/or some flour tortillas.



Grab some beans if you have some. These are simple canned pinto beans, which I drained, seasoned, and warmed slowly on the stovetop for about thirty minutes.

But there's nothing like homemade beans. Recipe below.





You'll also need the pico de gallo...

And whatever other sides you can round up: guacamole, sour cream, grated cheese, salsa verde, etc.



The chicken's ready! The idea is to broil the heck out of it so that the skin is blackened and grilled, while the inside is still juicy and moist.





Throw all the chicken on a plate and serve it with all the fixins.





I'm a corn tortilla girl myself. I can't resist the grainy texture.



And the chicken? It's good.



This is my idea of a spread, baby. Yum.





And here's what you do.



Lots of chicken...





Lots of pico...





And I L-O-V-E salsa verde.



By the way, these are little measuring cups from Anthropologie. But I cheat and use them for little salsa dishes.

I'm a rebel that way.





Mmmm.





Get thee in my mouth. Pronto.

You'll love this simple meal. Easy to adapt and make it your own.

Enjoy, guys!

Here are the printables. (Crossing my fingers the old printable format will be up and running this week—thanks for being patient.)

[Pico de Gallo – Printable Recipe](#)

[Beans – Printable Recipe](#)

**Recipe**



## **Pollo Asado**

*June 26, 2011*

### **Prep Time:**

2 Hours

### **Difficulty:**

Easy

### **Cook Time:**

25 Minutes

### **Servings:**

8 Servings

## **Ingredients**

## **Instructions**

In a bowl, combine olive oil, orange juice, lemons, limes, salt, pepper, and garlic cloves, saving juiced fruit. Whisk together. Place chicken legs, juiced pieces of fruit, and quartered onions in large plastic bags or bowl. Pour marinade over the top, tossing to combine. Cover with plastic wrap (if using bowl) and marinate for at least two hours--several hours is better. Toss a few times during the marinating process.

Preheat broiler to high. Arrange oven rack toward bottom of oven.

Lay chicken legs on a broiler pan, or other baking dish with a drip tray. Broil for 25 minutes, turning once and marinating other side halfway through. Remove pan from oven when done.

Wrap tortillas in foil and warm in separate oven while chicken is broiling, or after chicken is removed from oven (reduce oven temp to 300.)

Serve chicken legs with warm tortillas, pico de gallo, beans, guacamole, sour cream, and/or salsa verde.