

Fleming County, Region 16: "Panther Puree"

Roaring Chicken Adobo

Chicken Ingredients:

- 2 tbsp. vegetable oil
- 2 packages of boneless chicken breasts
- 1 large onion, quartered and sliced
- 2 tbsp. minced garlic
- 1/3 cup white vinegar
- 2/3 cup low sodium soy sauce
- 1 tbsp. garlic powder
- 1 tbsp. black pepper
- 1 ½ tbsp. of crushed red peppers

Fried Rice Ingredients:

- 1 bay leaf
- 2 ½ cups of rice
- 5 cups of water
- ½ of broccoli
- ½ of cauliflower
- 2 sticks of carrots
- 1 red bell pepper
- ¼ cup of vegetable oil for frying rice and vegetables together
- 5 banana peppers

Directions:

Cook Chicken and Rice at the same time

Chicken: Heat the vegetable oil in a large skillet on medium-high heat. Cut chicken into bite chunks. Cook chicken until golden brown on both sides, then remove the chicken. Add about two tablespoons of soy sauce to chicken while cooking. You can use a spatula and tongs to keep the chicken moving and not burning. In the same skillet without changing any grease, stir in onion and garlic until softened and brown. Constantly stir so not to burn with a spatula. When browned, pour in vinegar, soy sauce, black pepper, and bay leaf. After cooking for about 3 min, add in chicken and bring to high heat, and add crushed red pepper. Cook chicken until tender and cooked through (about 30 min.)

Rice: Use a big pot to cook the rice in. Start by adding the 2 ½ cups of rice to the pot. Then add water to the rice, and stir the rice around the water. Drain the water, and try not to lose any rice as you tip the pot over to drain the water. Once the rice has been watered and rinsed, add 5 cups of water to the rice. Turn the heat to medium high heat, and cover the top. Make sure there is room for the steam to get out of the pot, by slightly tilting the lid of the pot. Continue to check it every 8 minutes, and it should cook

for at least 25-30 minutes. Also, smell the rice to check if the bottom is burning. If it is, then remove the pot from the heat and let it cool. While the rice is cooking, boil the broccoli and cauliflower until soft. Once the rice is done cooking, get a large skillet and put in the ¼ cup of vegetable oil in the skillet and put in the rice, carrots, red bell pepper pieces, broccoli, and cauliflower, (make sure to add the vegetables in small amounts at a time) continue to stir the rice and the rest of the ingredients together for about 15-20 minutes.

Once the chicken and the rice are both done, take a few scoops of rice as the base, on top is the chicken when creating the presentation dish. Add a sauce dish of extra soy sauce in case anyone wants to add a bit more to their plate.