

THE CHICKEN RECIPE, THE WHOLE CHICKEN RECIPE, AND NOTHING BUT THE CHICKEN RECIPE.



MAD MEX CHIPOTLE MARINADE

Time:

Marinade 10 Min; Grill 10 Min

Equipment needed:

- Large mixing bowl
- Teaspoons
- Wooden spoon or spatula
- Blender

INGREDIENTS:

- Chipotle en Adobo - 1 Can or 2 Cups
- Brown Onion diced - 1/3 cup
- Garlic diced - 4 or 5 cloves
- Rice Bran Oil - 1 Tbls
- White Vinegar - 1 Tbls
- Cumin - 1 Tsp
- Salt - 1 Tsp

Chicken Ingredients:

- Skinless Chicken Thigh - 1kg
- 200g marinade per 1kg

METHOD:

Method: Marinade

1. Place chipotle en adobo into the blender, taking care to scoop out all the contents with a spatula
2. Add all other ingredients into the blender and blend until creamy
3. Transfer the contents to a bowl for marinating the chicken
4. 200g of marinade per 1kg of chicken
5. Let chicken marinate for minimum 60min (4 hours is best)

Method: Cooking

6. Heat pan or BBQ to med/high temp, place chicken flat on cooking surface
7. Shake salt on chicken and sauté/grill for 3-4 min until brown then flip
8. Shake salt again and cook for 3-4 min until brown
9. Remove from pan/grill and place in bowl with cover. Let it rest for 5 mins. Keep chicken juice
10. After resting, dice in 1cm cubes, add back chicken juice from bowl
11. Taste for seasoning (salt) and add more if required. Serve!