

Chicken Saltado

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
boneless chicken thighs	1 pound	
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oyster sauce	2 TBLSP	
Worcestershire sauce	1 TBLSP	
soy sauce	½ cup	
champagne vinegar	2 TBLSP	
balsamic vinegar	2 TBLSP	
chicken broth	2 TBLSP	
hot sauce	½ tsp	Caribbean papaya hot sauce
canola oil	¼ cup to ½ cup	
ground cumin	2 TBLSP	
red onions	2	cut into 1/3 inch wedges
Roma tomatoes	4	quartered and de-seeded
Peruvian Aji Peppers	2	minced (or Serrano or similar)
garlic	1 TBLSP	minced
ginger	2 TBLSP	minced
cooked brown rice		
cilantro	1 bunch	just the leaves

- Cut the chicken into bite-sized strips.
- In a large bowl, whisk together the ingredients from oyster sauce to hot sauce. Pour out ½ cup of the sauce into a small bowl to save for later in this recipe. Toss the chicken strips into the remaining sauce. Cover, and put into the refrigerator for 6 to 8 hours.
- Using a large cast iron skillet, heat the skillet over medium-high heat, then add the oil. When the oil is simmering, use a slotted spoon to move the marinated chicken strips from the bowl to the skillet so that the chicken evenly covers the bottom of the pan. It should be about half of the chicken strips. Let the chicken sear undisturbed for 2 to 3 minutes, then turn it over. Cook for another 2 minutes, then toss for another 2 minutes. Move the chicken to a large bowl, then cook the other half of the chicken in the same way. Toss 2 tablespoons of ground cumin in with the cooked chicken in the bowl. Throw out the sauce that the chicken marinated in.
- Add a little more oil to the cast iron skillet now that the chicken has been cooked and removed. When the oil is simmering, throw in half of the red onions to evenly cover the bottom of the pan. Let the onions sear undisturbed for 2 minutes, then turn them over. Cook another minute, then toss another minute, then move them to a bowl. Cook the rest of the onions the same way.

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- Move the skillet to a burner to cool off, and put a clean skillet on the stove.
- Add a little oil, and sauté ingredients from tomatoes to ginger for 3 minutes.
- Add the chicken & onions and the ½ cup of reserved marinade to the skillet.
- Serve over cooked brown rice, and top with cilantro leaves.