

Adobong Sitaw



Ingredients

- 1 bundle Chinese Long Bean (Sitaw)
- 1 lb Chicken
- ½ cup Soy Sauce
- ⅔ cup Vinegar
- Water
- 2-3 Cloves Garlic
- 2 tbsp Oil
- 1 tsp Peppercorn
- 2-3 Bay Leafs

Preparation

1. **Prepare Marinade.** In a large glass measuring-cup, pour ½ cup soy sauce, ⅔ cup vinegar, ⅔ cup water.

2. **Combine ingredients** In a large pot, with heat set to low. First, put 1 tbsp oil then add 2-3 smashed garlic cloves. When oil is hot, add 1 lb chicken, stir for 3 minutes.
3. **Add ½ of prepared marinade along with spices:** 1tsp peppercorn and 2-3 bay leaves.
4. **Bring to boil.** Once boiling, cover and simmer for 45 minutes.
5. **Cut sitaw into 2 inch pieces.** Make sure to trim ends!
6. **In a separate pan, add oil.** Once oil is hot, add cut sitaw. Saute for 5 minutes on medium.
7. **Add the other half marinade,** saute on medium until beans become dark brown.
8. **After chicken is finished, combine sitaw and chicken.** Serve over rice.



Recipe by Nenita Alcala, Robert Alcala, and Kalani Alcala