



## Adobo Chicken in Parchment

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**309 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon aniseed
- 8 chilies dried stemmed
- 0.3 cup apple cider vinegar
- 2 inch cinnamon sticks (preferably Mexican/Ceylon canela)
- 2 teaspoons cumin seeds
- 10 garlic clove
- 8 guajillo chiles\* dried
- 2 teaspoons oregano dried (preferably Mexican)

- 1 tablespoon sea salt divided fine
- 1 cup water
- 6 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole

## Equipment

- bowl
- frying pan
- baking paper
- pot
- blender
- tongs
- kitchen twine

## Directions

- Slit guajillo chiles lengthwise, then stem and seed.
- Heat a dry cast-iron skillet (not nonstick) over medium heat until hot, then toast chiles in batches (with guajillos opened flat), turning and pressing with tongs, until more pliable and slightly changed in color, about 30 seconds per batch.
- Transfer to a bowl and soak in boiling-hot water until softened, about 15 minutes.
- Drain chiles, then purée in a blender with 1 tablespoon sea salt and remaining ingredients except chicken and remaining sea salt until adobo is very smooth, about 1 minute.
- Sprinkle chicken with remaining 3/4 teaspoon sea salt.
- Place 1 chicken leg in center of a sheet of parchment paper (about 20 by 15 inches) and cover with 1/3 cup adobo. Gather parchment up around chicken and tie tightly with kitchen string. Repeat with remaining chicken and adobo.
- Arrange packages in 2 steamer racks and/or pasta-pot inserts. Set steamer racks (on top of each other) over boiling water in a pasta pot (use 2 pots if you can't layer your racks) and steam, covered tightly, until chicken is very tender and starting to fall off the bone, 1 3/4 to 2 hours. (Replenish water as necessary.)
- Carefully transfer each package to a shallow bowl.

Remove kitchen string and slowly slide parchment out from underneath chicken and broth.  
Season with salt.

Parchment packages can be assembled and chilled up to 1 day before steaming.

## Nutrition Facts

**PROTEIN 29%** **FAT 62.01%** **CARBS 8.99%**

### Properties

Glycemic Index:15, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:13.121304330618%

### Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 308.71kcal (15.44%), Fat: 21.12g (32.49%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.33g (2.59%), Cholesterol: 119.8mg (39.93%), Sodium: 1280.49mg (55.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.44%), Selenium: 24.19µg (34.56%), Vitamin B3: 6.67mg (33.35%), Vitamin A: 1553.48IU (31.07%), Vitamin B6: 0.53mg (26.37%), Phosphorus: 222.59mg (22.26%), Vitamin B2: 0.26mg (15.19%), Manganese: 0.3mg (14.86%), Zinc: 2.09mg (13.94%), Vitamin B5: 1.37mg (13.71%), Vitamin K: 13.1µg (12.48%), Iron: 2.16mg (12.02%), Vitamin B12: 0.72µg (12.02%), Potassium: 415.36mg (11.87%), Magnesium: 36.35mg (9.09%), Fiber: 2.21g (8.86%), Vitamin B1: 0.11mg (7.66%), Copper: 0.12mg (5.94%), Calcium: 47.99mg (4.8%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.61mg (4.04%), Folate: 9.72µg (2.43%)