



CS Grilled Chicken Adobo

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Categories: Main Dish - Chicken, Main Dish - Grilling, Source: The Captain's Shack

Servings: 6

Description: Really a delicious dish adapted for the diabetic. Adapted from DiabetesSelfManagement.com

Serving Ideas: Serve with a fennel, carrot, bok choy, celery and sunflower sprouts salad.

Ingredients

- 1/2 c chopped Onion
- 1/3 c fresh Lime Juice, fresh Lime Juice
- 1/3 c Tequila Gold Blue Agave
- 6 clove Garlic, coarsely chopped
- 2 t ground Cumin
- 2 t dried Mexican Oregano
- 1 T fresh Thyme leaves
- 1/4 t Red Pepper Flakes, to taste
- 6 Chicken Thighs, bone-in and skin on. Quarters will work well, too
- 3 T fresh Cilantro

Directions

- 1) Combine onion, lime juice and garlic in food processor. Process until onion is finely minced. Transfer to a large Ziploc bag. Add the tequila, cumin, oregano, thyme and pepper flakes and knead until blended.
- 2) Place chicken in bag, press out air and seal. Turn to coat the chicken with the marinade. Refrigerate for 30 minutes and up to 4 hours, turning occasionally.
- 3) Oil the grill plate and prepare the grill for indirect cooking. Light the grill and let the fuel - wood, charcoal or briquets - ignite to a low glow. Suggest to use mesquite. Cook over medium heat - 350° F. Baste the chicken at each turn with the marinade.
- 4) Remove the chicken from the marinade. Place the chicken on the grill and cook 10 minutes; turn and cook another 10 minutes; turn and cook for the 3rd time for 10 minutes. Cook until the chicken is no longer pink in the middle and the skin, if still on, is brown and crispy.
- 5) Transfer to a clean serving platter and garnish with cilantro.

