

William's Estufao, (Chamorro Stewed Chicken) - GF, CF, SF

Ingredients:

Marinade:

1/2 cup Tamari

1/2 cup Lemon Juice

1/2 cup White vinegar

1 onion diced

4 cloves of the garlic minced

1 teaspoon of sesame oil

Pinch of stevia (optional)

Directions:

Take one whole chicken and cut into pieces or 12 parts chicken, place in a bowl

Pour marinade over chicken and mix, let sit for 5 min only

Heat deep pots on stove on high, check heat to medium-high and take chicken and place into pot, brown each side of chicken for 3-4 minutes. Once all of the chicken has been browned, cover the pot and cook on medium for 20 minutes.

After 20 min. remove chicken and drain oil/grease from pot. Then pour leftover marinade into the pot, place the chicken back into the pot and bring to a boil. Simmer for 10 min. the marinade will thicken.

Serve over rice (brown, white or Jasmin)

Submitted by: Linda 08/09