

# One Love, One Pot Adobo

A recipe from DJ D Double

A message from Mero:

An elder who used to work in Agbayani Village in Central California passed down this recipe to DJ D Double, who then shared it with me. It reminds me of my youth, growing up in Filipino neighborhoods, eating Adobo. Many revolutionary cooks have made it for me and it is a powerful dish for the people. Now, I am pleased to pass on the power as I share it with you.

Chicken Version

## Elements:

1-2 Bay Leaves  
2-3 lbs. Of chicken wings (Cut them up!)  
Equal parts of Vinegar, Soy Sauce and Water (enough to cover the chicken)  
4+ garlic cloves (smooshed, not crushed)  
It's all about the PepperCorns!  
Salt

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Vegetable Version

## Elements:

1-2 Bay Leaves  
Chopped Spinach, Leeks, Kale, Onions, Sweet Potatoes, Bell Peppers, etc.(No broccoli!)\*  
Equal parts of Vinegar, Soy Sauce and Water (enough to cover the veggies)  
It's all about the PepperCorns!  
Salt  
4+ garlic cloves (smooshed, not crushed)

## Process (for either)

No matter which adobo you choose, Adobo is one and one. One Pot, One Love. Everything is in balance to make a good adobo. Except for the Pepper. Make sure the Pepper really stands out, but not too much.

Put all the ingredients in a pot. Cover. Then simmer for 30 minutes. You may have to do a little more, if you have chosen the non-veggie method.

That's it! Serve it with rice.

\*Broccoli, though a brilliant vegetable, leaves a smell when mixed with the broth that is not very community-oriented. If you're truly making one pot, one love, I recommend leaving this one out.