

09.09 大廚師—波洛·阿薩多

Pollo Asado

材料:

1. 16 隻雞腿/大腿/雞胸
2. 醃泡汁
 - a) ½ 杯橄欖油
 - b) 3 大桔子
 - c) 2 顆萊姆
 - d) 2 顆檸檬
 - e) 2 個洋葱
 - f) 4 蒜瓣
 - g) 1 湯匙鹽
 - h) 1 茶匙黑胡椒

1. 16 chicken legs/thighs/breasts

2. Marinade sauce

a) $\frac{1}{2}$ cup olive oil

b) 3 large oranges

c) 2 limes

d) 2 lemons

e) 2 onions

f) 4 garlic cloves

g) 1 tbs salt

h) 1 tsp black pepper

做法：

1. 將所有的果汁擠壓進一個罐子裏
2. 加入鹽，胡椒和大蒜。搖勻
3. 把所有的鷄腿放進 2 個袋，分開水果和 2 個洋蔥（四分之一）
4. 醃過夜（或 8-12 小時）
5. 燒烤 和 Pico de gallo 一起上菜

(BBQ chicken legs/thighs/breasts -- 16)

1. Marinade

- a) $\frac{1}{2}$ cup olive oil
- b) 3 large oranges
- c) 2 limes
- d) 2 lemons
- e) 2 onions

f) 4 garlic cloves

g) 1 tbs Salt

h) 1 tsp black pepper

2. Squeeze all the juice into a jar, and add salt, pepper and garlic.

Shake!

3. Put all the legs into 2 bags, and divide the fruit and 2 onions
(quartered)

4. Marinade overnight (or 8-12 hours)

5. BBQ and serve with Pico de gallo