

ESTUFAO

(*es-to-fau*)

Estufao is a favorite dinner item in most households. I've been making this since my first year in college. However, two years ago, my mom taught me the best way to make it.

INGREDIENTS

Set 1

2 T. vegetable oil

1 c. soy sauce

1 c. distilled white vinegar

¼ c. water

½ medium yellow onion, chopped

1 t. garlic powder

¼ t. salt

¼ t. ground black pepper

Set 2

4 lbs. chicken wings with drummets*

*Dissolve 2 tablespoons of salt and 2 tablespoons of sugar in 12 cups of water. Soak the wings in the brine overnight to draw out much of the blood.

Set 3

3 cloves garlic, minced

½ medium yellow onion, chopped

Tools: large pot

DIRECTIONS

1. Combine the soy sauce, vinegar, water, garlic powder, half of the onions, salt, and pepper in a large container then stir together. Add the chicken and marinate for 4 to 6 hours.
2. Heat the vegetable oil in a large pot over medium heat. Sautee the garlic and remaining onions until the onions are soft.
3. Remove the chicken and onions from the bowl of marinade. Add the chicken and onions to the pot of sautéed onions. Brown the chicken. Add the marinade to the pot.
4. Bring the mixture to a boil and simmer until the sauce is slightly reduced and thickened. Stir occasionally.
5. Adjust to taste and add a little bit of water if the sauce is too strong for you.