

Perfect Grilled Chicken with Adobo Sauce

2 lb. Rocky or Rosie boneless, skinless chicken breasts
1/2 t. freshly ground pepper
1 c. adobo sauce (recipe follows)
Sea salt to taste

Trim chicken breasts of any fat and connective tissue; remove tendon and skin if desired. Generously season chicken with sea salt and pepper and toss with the adobo sauce. Grill chicken on a preheated grill for 6-8 minutes per side (depends on thickness). If using a meat thermometer, the internal temperature should read 165°F. Brush on more adobo sauce just before serving.

Adobo Sauce:

10 Ancho chilies, wiped clean with stems and seeds removed
2 T. grapeseed oil
2 medium onions, thinly sliced
6 garlic cloves, finely chopped
1 T. ground cumin
1 c. white vinegar
4 c. chicken stock
5 T. brown sugar
1/4 c. each fresh orange juice and lemon juice
1 c. tomato sauce
1 T. plus 1 tsp. sea salt
1/4 t. freshly ground pepper

Toast chilies in a cast-iron skillet over medium heat until soft and brown. Place chilies in a saucepan, cover with water and bring to a boil. Lower heat and simmer for ten minutes until chilies are soft. Blend chilies and liquid in a blender or food processor until smooth. Set aside. In a medium saucepan heat the oil and sauté the onions until golden brown (about 10 minutes). Add garlic and cumin and sauté for one minute. Add vinegar, chicken stock, and chile puree and simmer for 15 minutes. Add remaining ingredients and continue to simmer for 20 minutes. Adjust seasonings if desired.

This sauce can be stored in refrigerator for 1 week or in freezer for up to 6 months.