

Peruvian Pollo Brasa Al Horno

February 5th, 2021

This recipe serves: 6

Prep Time: 24:00

Cook Time: 01:30

Peru has a fairly large Chinese Immigrant population. As a result, Soy Sauce has become a common ingredient in Peruvian food. This savory Chicken would traditionally be served with Potato Fries or Yucca (Casava) Fries. The Finishing Sauce would traditionally include Mayonnaise instead of Greek Yogurt. However, South American Mayonnaise has a different flavor and consistency from the Mayo available in the US. The Yogurt is healthier than Mayo, and in my opinion, will provide a flavor that is better than US Mayo.

Although the Chicken requires a 12 to 24 hour marinade time, this meal is easy to prepare with only about 30 minutes active preparation required.

Ingredients:

Spatchcocked Chicken (about 4 pounds)

Marinade

1/4 cup Soy Sauce

3 Limes, juiced (6 Tablespoons or 3 fluid ounces)

1/4 Cup Orange Juice

1/4 Cup Olive Oil

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

1 Tablespoon Paprika

1 Teaspoon Dried Oregano

1 Teaspoon Ground Cumin

1/2 Teaspoon Sugar

Peruvian Dipping Sauce or Peruvian Mayonesa

Directions:

Mix the Soy Sauce, Lime Juice, Orange Juice, Olive Oil, Garlic, Ground Cumin, Paprika, Dried Oregano, and Sugar.

Place the Chicken into a large (gallon-sized) zip-top bag or a large Sous Vide bag. Add the Marinade.

Note: For best results with the Sous Vide, separate the White Meat from the Dark Meat and place into different bags. Add equal parts of the Marinade into each bag.

Vacuum out all the air and seal the bag(s).

Refrigerate up to 24 to 48 hours.

Freeze up to 6 months.

Conventional Oven

Preheat the oven to 400° F.

Place a trivet or small rack into a large Ceramic-lined Dutch Oven.

Move the Chicken to the Dutch Oven. Carefully pour any remaining marinade onto the Chicken.

Lid and **bake about 90 minutes**, until the internal temperature of the Chicken meat reaches 165° Fahrenheit.

Sous Vide

Sous Vide at 148° F for 4 hours (4.5 hours if frozen).

When the cooking cycle has completed, remove the bag from the Sous Vide and allow to cool.

Remove the Chicken from the bag and reserve the Au Jus for later.

Add 1 Tablespoon Olive Oil to an oven safe pan.

Set the broiler on high and move the rack to the center of the oven.

Place the Chicken in the pan, breast side up, and place it in the oven on the middle rack.

Broil for 5 minutes, until the Chicken begins to turn a golden brown color.

Flip the Chicken and Broil for another 5 minutes.

While the Chicken is cooking, prepare Peruvian Dipping Sauce or Peruvian Mayonesa.

Serve the Chicken with the Sauce on the side.