

# Grilled Sinaloa Style Chicken (Charcoal Grill)- *Pollo asado estilo sinaloense (a las brasas)*



## Ingredients

1 whole chicken

### Marinade:

1 orange, juice only  
1 lime, juice only  
2 cloves garlic  
1 tsp salt  
½ tsp oregano  
½ tsp pepper  
½ tsp cayenne or other ground dry pepper  
1 tbsp vegetable oil

### Red Sauce:

4 red tomatoes  
3-4 red hot peppers  
Onion, shallots and/or garlic, to taste  
Salt, to taste

### Grilled Onions:

1 bunch green onions (preferably knob onions)  
1 tbsp oil  
Sat to taste

### Marinated Cabbage:

2 cups cabbage; washed and shredded  
1 cup carrots; washed, peeled and shredded  
¼ cup wine vinegar  
Salt and pepper, to taste

### To serve:

Lime wedges  
Warm corn tortillas  
Tortilla chips

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Mix all the marinade ingredients; set aside. Prepare the chicken by cleaning and patting dry with a paper towel. Place on working surface, back facing up. With sharp kitchen shears, cut along either side of the back bone; remove and use for broth or other recipe. Open back sides, so the flesh is exposed (photo below, left); flip chicken breast side up, press down in the middle, to flatten breast halves, and arrange wings and legs widespread (photo below, right):



This presentation is what is called to spatchcock; place the spatchcocked chicken in a deep container, pour marinade on top, then turn chicken a couple of times, to coat both sides with the marinade. Let rest in the fridge for at least two hours, or overnight. Prepare marinated cabbage by mixing all ingredients in a non-reactive bowl; allow to rest in the fridge for at least one hour before serving, or overnight.

Prepare barbecue grill for indirect heat; in a traditional charcoal kettle, place Aluminium foil trays along the centre to catch juices from the meat, and fire charcoal on either side. The spatchcocked chicken may be sliced into halves along the middle of the breast line to fit the grill as necessary. Place chicken on the grill, skin side down, above the trays (photo below, left). Cover with lid and cook for 20-25 minutes, then uncover and flip to bring the skin side facing up, using tongs. Brush green onions with oil and place along the sides of the grill, on direct heat above the coals. Cover again and allow to cook for another 20-25 more minutes, until the meat registers an internal temperature of 165°F (74°C) and the onions are charred (photo below, right):



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While the chicken is cooking, prepare sauce with all the raw vegetables (photo below, left). Wash and dry tomatoes and peppers. Remove stems and seeds from peppers, remove stem end from tomatoes and slice into quarters, peel onion/garlic/shallots. Process in the blender with salt to taste until smooth. Transfer to a bowl and reserve (photo below, right).



Once chicken is ready, transfer to a serving plate and allow to rest for 5-10 minutes. Bring marinated cabbage out of the fridge (photo below, left); arrange grilled onions on a plate, sprinkling with salt, with lime wedges on the side (photo below, right):



Serve chicken with warm corn tortillas, tortilla chips, and all the above side dishes. To plate, cut up chicken into portions and each person may assemble their own plate, and fix their own tacos:

