

ASIAN CHICKEN



INGREDIENTS

- 1/2 C** Tamari low sodium sauce **OR** low sodium soy sauce
1/4 C Dark brown sugar **OR** Splenda + 2 t molasses
3 T Ginger (peeled) (finely chopped)
2 T Garlic (minced)
2 t Sesame oil (toasted)
1 t Black pepper (original recipe also had salt - see note below)
3 lbs Chicken thighs (bone-in) (skin-on) **OR** Breasts **OR** Drumsticks
OR a combination of thighs & drumsticks (see note below)

DIRECTIONS

- 1 Place everything except the chicken in a 13" x 9" broiler baking dish & whisk to combine.
- 2 Lay the chicken in a single layer in the marinade & turn to coat the other side
- 3 Cover the dish & refrigerate for 12 - 24 hours turning the chicken at least once
- 4 When you take the chicken out of the refrigerator let it sit for 30 minutes at room temperature
- 5 Pre-heat the oven to 475 F
- 6 Turn all the chicken pieces top side up & place on the middle rack of your oven
- 7 Bake until the chicken starts to turn a dark brown color (40 minutes)
- 8 Set the oven to broil & broil until the chicken skin is crispy (3-5 minutes)

NOTES

- 1 Chicken is heavily salted in the kashering process & tamari or soy sauce have a lot of salt even if they are low sodium products so usually no added salt is necessary.
- 2 If you want to use thighs with the skin-off, you need to bake the chicken with the top down (instead of facing upwards) & bake the chicken covered for 1 hour.
- 3 Chicken breast needs a shorter cooking & broiling time so don't mix with the breasts with thighs or drumsticks.
- 4 For a spicier dish, you can substitute Hoisin Sauce for the Tamari or Soy sauce.

