



Caribbean Sticky Ginger Chicken

Serves 4 – 6

- 1 tbsp freshly grated root ginger
- 2 tsp clear honey
- 2 peeled crushed garlic cloves
- 1 medium finely chopped onions
- 1 spring onion finely chopped
- 2 tbsp dark soy sauce
- 1 tbsp lime juice
- 1 tsp pepper sauce
- ½ tsp ground cinnamon
- ¼ tsp ground turmeric
- salt and freshly ground black pepper
- 4 – 6 chicken pieces

Chop the garlic ginger and all onions together place in a pestle and mortar working into a paste gradually adds the lime juice pepper sauce soya sauce and the rest of the ingredients

Wash and pat dry chicken add marinade to chicken pieces and rub in well. Cover and refrigerate for several hours or overnight for better result.

Heats the oil in a large sauté pot add the chicken pieces one at a time skin side down reserving the marinade. Fry for 3 – 4 min until the skin is golden, then turn over. Pour on reserved marinade, and 1 ½ pint water, cover and bring to boil, then reduce the heat and simmer for about 30 minutes turning pieces occasionally.

Remove the chicken pieces, stir in the honey increase the heat on the pot and boil rapidly for 3-4 minutes to reduce juices to a nicely thickened sauce. Pour over chicken and serve.

NUTRITIONAL INFORMATION

Calories	416	Sugar	5g
Protein	41g	Fat	25g
Carbohydrate	7g	Saturates	7g