

Asian Glazed Chicken

Courtesy of Carole's Creations

Prep Time: 20 minutes

Marinade standing time: 1 hour

Cooking Time: 40-50 minutes

Serves: 4

CChints: We used chicken thighs for this recipe because they will still be moist after roasting in the oven without the skin to hold in the moisture. The Asian ingredients are common items on the Asian isle in most markets. Hoisin sauce is Asian BBQ sauce and Ponzu sauce is a citrus soy sauce that is lighter in sodium than light soy sauce.



10-12 bone-in, skinless chicken thighs
2 tablespoons Hoisin sauce
1/3 cup rice vinegar
1/4 cup Ponzu sauce
2 tablespoons dark sesame oil
3 tablespoons honey
2 tablespoons sweet chili sauce
8 gloves of minced garlic, fresh or from a jar

Pinch of salt and pepper
4 servings of snow peas
Cooking spray
4 servings of brown rice or
boxed oriental stir fry rice
Garnish with sliced green onions

Rinse the chicken and cut off any excess fat. Pat them dry and put them in a large sealable bag. To prevent any leaks, lay the bag in a 9x13 pan with edges.

To start the marinade and sauce, combine the Hoisin sauce through the garlic to a bowl and stir for 1 minute to be sure the flavors mix together well. Pour the marinade into bag with the chicken and gently move the sauce around to coat each piece of chicken. Lay the bag in the pan and refrigerate for 1 hour, turning every 15 minutes. Wash everything that came in contact with the raw chicken.

After 1 hour preheat the oven to 425 degrees F and locate your roasting pan and spray the rack cooking spray. Remove the chicken from the marinade and place each one on the rack. Pour the marinade into a small saucepan where it will become the sauce. Turn the heat under the pan to medium-high and bring it to boil. Cook and stir slowly for 2 minutes until it begins to thicken.

Note: While the chicken cooks you need to start cooking your rice. Read the package directions because your rice could take 5 – 25 minutes and you want to time it so the rice and chicken are done at the same time.

Brush the chicken with some of the sauce and sprinkle lightly with salt and pepper. Bake for 10 minutes and paste again for cook for another 10 minutes. Baste and bake for a final 10 minutes or until the chicken is done against the bone. Throw away any remaining sauce and start your side vegetable.

Prepare your beans according to package directions or if you are using fresh snow peas, put them in a microwavable container with 1 tablespoon of water. Cover and cook for 2 minutes.

When the chicken is done, remove it from the oven and let them stand for 3-4 minutes. Drain the rice and you are ready to prepare your dinner plates or put rice and beans in serving bowls and the chicken on a platter. Garnish with green onions and enjoy!