

BBQ Chicken (South African)

Sarah Graham, Cooking Channel, 2016



Servings: 4

1. In a sealing plastic bag, mix together the ketchup, olive oil, balsamic, honey, lemon juice, paprika, dried cilantro, cinnamon, garlic, chiles and a generous pinch of salt and pepper.
2. Add the chicken, squish it around, seal the bag and refrigerate at least 1 hour, or preferably overnight. Turn bag over at least once so the other side of the chicken is marinated as well.
3. Remove the chicken from the refrigerator 20-30 minutes before cooking to bring to room temperature.
4. Grill the chicken, lid down, for 30 to 35 minutes, or until cooked through, turning halfway and basting with extra sauce every 10 minutes. Thigh meat should register 160-165°F.
5. Serve immediately with a side salad and the chakalaka relish on the side. If you have fresh cilantro, sprinkle a little bit on top of the chicken. Cut serving sized pieces and plate it.

- 2 tablespoons ketchup
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey, needs to be thin in order to dissolve in the marinade
- 1 tablespoon lemon juice
- 2 teaspoons paprika
- 1/2 teaspoon dried cilantro
- 1/2 teaspoon ground cinnamon
- 2 cloves garlic, minced
- 1 green chile, seeded and chopped, or 1 teaspoon dried chile flakes
- Salt and freshly ground black pepper
- 3 1/2 pounds whole chicken, spatchcocked or cut into 8 skin-on pieces

Per Serving (excluding unknown items): 680 Calories; 48g Fat (63.8% calories from fat); 51g Protein; 10g Carbohydrate; 1g Dietary Fiber; 247mg Cholesterol; 283mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com