

Peruvian Grilled Chicken

Author: Andrea's Recipes blog

Carolyn T's
Main Cookbook

Servings: 4



1/3 cup low sodium soy sauce (80 ml)
2 tablespoons fresh lime juice
5 garlic cloves, minced
2 teaspoons ground cumin
1 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon fresh ground black pepper
1 tablespoon vegetable oil
3 1/2 pounds chicken, whole chicken
quartered, 4 whole breasts or 8 chicken
thighs
lime wedges

Serving Ideas: Ideally, in Peru, it's served with rice as a side.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 675 Calories;
49g Fat (65.9% calories from fat); 51g Protein; 5g
Carbohydrate; 1g Dietary Fiber; 261mg Cholesterol;
1003mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean
Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.*

Notes: If using boneless chicken thighs, cooking time will be much reduced.

Breasts and pieces with bones will take the recommended time.

Description:

1. MARINADE: Whisk together soy sauce, lime juice, garlic, cumin, paprika, oregano, pepper, and oil. Put chicken in a large sealable bag and add marinade. Seal the bag and marinate in the refrigerator 8 to 24 hours.
2. Discard the marinade, then pat chicken dry.
3. Preheat the grill pan over medium-high and add the chicken. Place the chicken pieces on the pan, cooking 7 to 10 minutes per side (less if they are boneless or very thin), turning once.
4. Squeeze lime juice over the chicken and serve.

GAS GRILL: Preheat the grill on high. Oil the grill rack and grill the chicken over a turned-off burner, skin side down and covered. Turn once after about 15 minutes and grill until cooked through, about 30 to 35 minutes.

CHARCOAL GRILL: Open vents on bottom and lid of grill. Light a large chimney starter full of charcoal (preferably hardwood). When coals are lit, dump them out along opposite sides of bottom rack, leaving a space free of coals (the size of the quartered chicken) in middle. When you can hold your hand 5 inches above the grill rack directly over coals for 3 to 4 seconds, coals will be medium-hot. Oil the grill rack, then grill chicken over the area with no coals. Turn once after about 15 minutes, and continue grilling until cooked through, about 30 to 35 minutes. Add more charcoal to maintain heat.

OVEN: Roast the chicken quarters in middle of a 500°F/260° C oven in a 13- by 9-inch roasting pan with 1 cup water for 30 minutes. Then tent with foil and roast until brown and cooked through, about 15 minutes more.