

Honey & Cinnamon Chicken Drumsticks

Serves 4

Preparation Time: 10 mins + marinating

Cooking Time: 1 hr

Once you get lost in the world of marinating meat you will never look back.

Ingredients

- ❖ 8 large chicken drumsticks
- ❖ 4 garlic cloves, finely chopped
- ❖ 60ml (¼ cup) olive oil
- ❖ 30ml (2 tbsp) soy sauce
- ❖ 60ml (¼ cup) rice vinegar
- ❖ 60ml (¼ cup) honey
- ❖ 5ml (1 tsp) ground cinnamon
- ❖ few sprigs of fresh thyme OR
5ml (1 tsp) dried thyme
- ❖ 2.5ml (½ tsp) ground ginger
- ❖ 2.5ml (½ tsp) mustard

Directions

1. Mix all the ingredients in a plastic bag and marinate the chicken overnight. It helps to knead the bag every now and then to make sure the chicken is completely covered.
2. Preheat the oven to 140°C/fan 120°C/285°F/gas mark 1.
3. Arrange the drumsticks in a dish in a single layer. Drizzle a bit of marinade over them to keep them moisturized. Cover with foil and bake in the oven for 40 minutes.
4. Take the chicken out of the oven and increase the temperature to 180°C/fan 160°C/350°F/gas mark 4.
5. Remove the foil and pour a bit more marinade to the chicken and make sure the drumsticks are well-coated.
6. Return the chicken to the oven and bake for another 20 minutes, turning several times, until the chicken is tender and nicely glazed.
7. Let the chicken rest for a few minutes before serving.

Serving Suggestion

Boiled new potatoes with buttered, steamed greens work well with the chicken.

Notes

- ✓ Drumsticks were used in this recipe to ensure even cooking. You are welcome to use chicken wings, thighs or breasts instead. Take note that you will need a longer cooking time if the pieces are bigger – bake for longer at 140°C/fan 120°C/285°F/gas mark 1 but keep the browning/glazing stage at 20 minutes at 180°C/fan 160°C/350°F/gas mark 4.
- ✓ I used Dijon mustard but you can use dried powder too.
- ✓ Instead of baking the chicken in the oven you can barbecue them while continuously glazing them with the marinade. Another method is to par-cook them in the oven first, then finishing them off on the grill.

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