

Raspberry Chicken Drumsticks

Serves 4

Preparation Time: 10 mins

Cooking Time: 1 hr

Salty, sweet and tangy – get fruity with your chicken.

Ingredients

- ❖ 375ml (1½ cups) seedless raspberry jam
- ❖ 80ml (1/3 cup) balsamic vinegar
- ❖ 45ml (3 tbsp) soy sauce
- ❖ 7.5ml (1½ tbsp) crushed red pepper
- ❖ 10 chicken drumsticks

Directions

1. Preheat the oven to 140°C/fan 120°C/285°F/gas mark 1.
2. In a small saucepan, combine the jam, vinegar, soy sauce and pepper over medium heat. Stir until smooth.
3. Lightly oil a large baking dish. Season the drumsticks with salt and pepper and arrange in the dish in a single layer. Pour the sauce over the chicken making sure everything is thoroughly coated then 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. Turn the chicken pieces over and coat with the sauce in the baking dish.
5. Return the chicken to the oven and bake for another 20 minutes, turning several times, until the chicken is tender and nicely glazed.
6. Let the chicken rest for a few minutes before serving.

Serving Suggestion

Serve with potato fries and your favourite greens.

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.
- ✓ For extra flavour you can marinate the chicken in the sauce overnight before simply pouring everything into a large baking dish and cook them according to the recipe's instructions.

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