

BARBECUE CHICKEN

Serves 2-4

Equipment

Mixing bowl
Pastry brush
Sharp knife
Tablespoon
Greased baking tray
Measuring scales

Ingredients

800g chicken thighs or drumsticks
2 cloves garlic, crushed or chopped
2 tbsp sugar
½ light soy sauce
1 tbsp clear honey
2 tbsp tomato ketchup
½ tbsp brown sauce or Worcestershire sauce
Salt and Pepper
½ tbsp oyster sauce

Preparation time: 10 minutes plus at least 30 minutes marinating time

Cooking time: 40 minutes

Assemble all the ingredients and equipment you will need to make **BARBECUE CHICKEN**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

1. Mix together all the ingredients, apart from the chicken, in the mixing bowl.
2. Score the chicken pieces with the sharp knife. This means cutting through the skin of the chicken in diagonal lines.
3. Put the chicken pieces into the bowl of marinade and mix until all the chicken is covered. Remove the chicken from the bowl and chill in the fridge until required. You should leave the chicken in the fridge for at least 30 minutes to marinate before cooking.
4. When you are ready to cook the chicken, preheat the oven to 200°C/Gas Mark 6.
5. Put the chicken onto an oiled baking tray and bake in the oven for 40 minutes or until cooked through and golden brown. You can check if the chicken is cooked through by using a skewer or a sharp knife to check the meat is not pink in the middle. When chicken is fully cooked it is white in colour.

- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
- Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

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