

KAL BI CHICKEN



KOREAN BARBECUED CHICKEN

Chef Chris

2-4 servings

30 minutes prep time

1 ¼ hours total cook time

INGREDIENTS

4 chicken thighs

1-2 tsp. black pepper

½ cup soy sauce

6 large cloves garlic, crushed

1 tbsp. fresh or pickled ginger

2 green onions, finely diced & crushed

½ cup brown sugar

1 tbsp. roasted, crushed sesame seeds

DIRECTIONS

1. Heat oven to 425°.
2. Roast sesame seeds in oven or skillet, crush in mortar & pestle.
3. Trim excess skin from chicken thighs (optional).
4. In a microwave-safe bowl, combine all sauce ingredients, reserve chicken.
5. Heat sauce in microwave to melt brown sugar.
6. Poke holes in the bottom of the chicken thighs.
7. Marinate chicken in sauce for 5-8 hours.
8. Place chicken on the rack of a roasting pan.
9. Add water to cover bottom of roasting pan.
10. Bake 40-45 minutes.

SHOPPING LIST

chicken thighs

soy sauce

6 large cloves garlic

fresh or pickled ginger

2 green onions

brown sugar

sesame seeds