



Red Clay Cook-Off Family Style



Alana's Shoyu Chicken

Ingredients:

4-5 Pounds Chicken Thighs or Legs⁽¹⁾ (Can be bone-in or boneless, depending on your preference)

3/4 C. Soy Sauce⁽²⁾

1/4 C. Water

3/4 C. Brown Sugar⁽³⁾

1 Head of Garlic, Peeled (No need to chop)

1 Large Onion, Roughly Chopped

2-inch Piece of Fresh Ginger, Peeled & Cut into Coins

1 TBSP Oregano

OPTIONAL: You can use 1/4-1/2 tsp. Chinese 5-Spice seasoning if desired. This is a very strong spice; recommend starting slowly and adding more per your preference.

Instructions:

Place all ingredients into a Dutch-Oven⁽⁴⁾ and bring to a simmer. Cook for 1 hour. Serve with steamed rice⁽⁵⁾ and Broccoli, or vegetable of choice⁽⁶⁾. ENJOY!

TIPS! Cooking for quality, nutrition and safety

1. If removing fat/ cutting raw chicken, it is recommended to use a plastic cutting board designated for raw or partially cooked meats only; clean and sanitize cutting board after each use.
2. Use Low-Sodium Soy Sauce to reduce the amount of Sodium in your diet! If you choose to use low-sodium soy-sauce, use 1 C. Low-Sodium Soy-Sauce and omit the 1/4 C. water.
3. Try adding pineapple to this dish for added sweetness and flavor!
4. Short on Time? This meal can also be cooked in a slow cooker! Slow Cooker Instructions: Dump all ingredients into slow cooker. Cook on low for 7 hours or high for 4 hours.
5. Instead of white rice, you can use brown rice for a tasty way to add whole-grains to your diet!
6. Other great vegetables that pair well with this dish are; sweet peppers, bamboo shoots, stir fry vegetables.