

pineapple marinated TERIYAKI CHICKEN

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Easy to make juicy teriyaki chicken wings marinated in fresh pineapple and rosemary, drizzled with homemade teriyaki sauce and garnished with sesame seeds.

Ingredients

For the chicken

Diced or blended fresh pineapple

Garlic cloves

Rosemary

5 table spoons of Apple cider vinegar (or 2 freshly squeezed lemons)

For seasoning: Royco all-spice mix and black pepper

14 chicken wings



Sesame seeds and finely chopped coriander to garnish

Method

Place your chicken wings in a small basin/ a large bowl and add the marinade ingredients: garlic, ACV, rosemary and the pineapple. I cut my pineapple into small pieces but you can blend yours. Let this marinade sit for not less than 6 hours. Once the chicken wings have finished marinating, boil them together with the marinade contents. You can add a-little water but do not dilute it too much. While this is boiling, mix your royco and black pepper with some water into a thick paste for the seasoning. After they are boiled, drain any excess liquid and dip them into the seasoning paste. Fry them lightly until they are golden brown then set them aside for the next and final stage: adding the teriyaki sauce.

Ingredients for the teriyaki sauce

2 tablespoons of soy sauce

5 tablespoons of brown sugar

1/2 a tablespoon of ground ginger

1/4 teaspoon of ground ginger

2 tablespoons of honey

1/2 a tablespoon of all purpose flour (or corn starch)

1/2 a cup of cold water

DIRECTIONS

1. Mix the brown sugar, the soy sauce, ground ginger, and ginger and honey 1/4 of the water in a sauce pan and begin heating.
2. Mix the flour and cold water in a cup and dissolve. Ensure there are no lumps. Add to sauce in pan.
3. Heat until sauce thickens to desired thickness.
4. Add water to thin if you over-thick it :). I liked mine moderately thick



Once your sauce is done, drizzle it over the chicken wings with a spoon as much as you see fit.

After all the wings have been coated with the teriyaki sauce, take your white sesame seeds and sprinkle them on the chicken. They will cling onto the sauce, making one of the prettiest garnishes yet. Also, finely chop up some fresh coriander and sprinkle on top.



SERVE WITH: on their own or with anything you like with your chicken.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/pineapple-marinated-teriyaki-chicken/>