



It doesn't get any more Kenyan than Mshikaki, & it doesn't get any more tasty than chicken mshikaki with sticky honey sauce. This is a feast of a life time!

Ingredients:

1 large chicken breast, cubed

1 large green bell pepper, diced

Tomatoes (optional)

4 tablespoons of ketchup

1/2 teaspoon of soy sauce

1 lemon, juiced

3 tablespoons of honey

2 garlic cloves, minced

1 teaspoon of rosemary leaves

2 tablespoons of apple cider vinegar/ lemon juice

1/2 a teaspoon of turmeric

1/2 a teaspoon of black pepper

Salt to taste

Method

In a container, put your breast together with the rosemary, garlic, some salt and ACV to marinate 6-8 hours but preferably overnight.

The following day, take the breast and chop it up into 1/4 inch cubes. Toss the cubes in the turmeric and the black pepper. Also cut up the green bell pepper to the same size and the tomatoes if you decide to use some. Arrange them on your skewers in alternating order.

Heat up your grill or pan and put them to cook. They should take about 8-10 minutes to cook through and get that amazing golden char on each side. As the chicken mshikaki are going, get the sauce going. It is really easy to make! I'll show you how:

Put the ketchup, the lemon juice, the honey and the soy sauce in a pan together with 1/4 cup of hot water. On medium high heat, allow this to simmer down until all the ingredients blend and the sauce thickens. This should take 10-12 minutes. Do taste the sauce and see whether the honey-lemon ratio is per your preference and if not, adjust accordingly. Once the sauce is done ladle it in a bowl.

Plate the mshikaki and drizzle a generous amount of the sticky honey sauce over them while they are still hot.

Dig in!



SERVE WITH: on their own but as a side to fries or ugali

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chicken-mshikaki-with-sticky-honey-sauce/>