



Chicken has never tasted this good! With a rich garlic wet rub and a juicy whiskey infused bbq sauce, this will take you to cloud 9!



Ingredients

For the bbq sauce

2 cloves garlic, minced

1/2 red onion, finely diced

1 cup ketchup

2 tablespoons of honey

1/2 a cup of Jack Daniels whiskey

1/2 a teaspoon of cayenne pepper

4 tablespoons apple cider vinegar

1 tablespoon Worcestershire sauce

Salt to taste

1 tablespoon of vegetable oil

For the chicken

Marinade

1 tablespoon of rosemary

5 cloves of garlic, minced

400g of chicken breast

3 tablespoons of apple cider vinegar

For the wet rub

4 cloves of garlic

1/2 of thumb-sized ginger root

1/2 teaspoon of turmeric

1 tablespoon of mayo

1 teaspoon of sesame seeds

1/2 tablespoon of black pepper

2 tablespoons of cooking oil

1/4 tablespoon of mustard spice

Method:



Take your chicken breast and place it on a seal-able dish. Add all the marinade ingredients until well combined. Put them in the fridge for 24 hours so that the marinade really sinks into the meat.

Prepare your wet rub. Mince your ginger and garlic until they turn into a paste. Put these in a bowl and add your turmeric, black pepper, mustard, salt, mayo and vegetable oil. Mix it all up until totally combined. Slather this all over your chicken and pan roast it until the chicken is totally cooked through. Once done, set aside.

Then you can begin working on your sauce. In a pan, add some vegetable oil then add your garlic and grated red onion. Cook these until they become fragrant. Be careful not to burn them. Then add your ketchup, ACV, cayenne, salt, whiskey, Worcestershire sauce, honey and let this simmer down for about 15-20 minutes. After the sauce is done, taste it to see whether you need to adjust the spices to suit your taste then remove from the heat.

Drizzle your Jack Daniels infused BBQ sauce over your chicken. Garnish with some onion chives or finely chopped coriander then serve.



SERVE WITH: potato wedges and

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-chicken-breast-whiskey-bbq-sauce/>