



Chicken thighs remain the best and this perfect ginger garlic chicken thigh bake will for sure knock you off your feet!!!



## Ingredients

### To marinate

1 kg chicken thighs	2 tablespoons soy sauce
2 rosemary springs	4 tablespoons balsamic vinegar
5 cloves of garlic, minced	1 teaspoon cumin
1 tablespoon minced ginger	1 teaspoon tandoori masala (optional)

### To cook

1 red onion, chopped	1 tablespoon of curry
½ cup dania stems	½ tablespoon of cumin
4 cloves of garlic, minced	2 bay leaves
1 heaped tablespoon of minced ginger	½ tablespoon of smoked paprika
3 tablespoons tomato paste	¼ teaspoon of chili flakes
450 ml double (heavy) cream	

## Method

Place the chicken into a bowl and add in all the marination ingredients. Give then a mix then cover with cling film and allow to marinate for 24 hours.

Next day, take from your fridge and let it come to room temp. Once at room temp, proceed to sear until they get a gorgeous golden-brown color. Remove from the pan.

To that same pan, add in the onion, dania stems, garlic, ginger and cook for a couple of minutes until softened and fragrant.

Add the tomato paste, the spices along with a quarter cup of hot water and allow this to cook down for about 5 min on low heat. Thereafter, add in the cream and the bay leaves and give it a mix. Let this simmer on low heat for about 10 minutes. Once done, add in some finely chopped dania leaves and switch off the heat.

Place the chicken in a casserole dish, pour the mchuzi over it and cover with foil. In a preheated oven, let this bake at 170 for 40-45 minutes. Once done, serve.



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SERVE WITH: your favorite starch and mboga

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This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/ginger-garlic-chicken-thigh-bake/>

YouTube Video: <https://youtu.be/jxp1RBeCezg>