

CHICKEN ORIENTALE

Unknown

comments

Wonderful low-fat, low-carbohydrate recipe.

notes

Good served with rice.
You can marinate the chicken all day, or pour over just before baking.
Preheat oven to 350 degrees.

prepare in advance

Ingredients

Mince, then add to the marinade below

2 cloves garlic

Measure together for marinade

1/2 C soy sauce
1 tsp. ginger
2 T oil
1/2 tsp. pepper
1/2 tsp. salt
1 T sherry

Cut into pieces

1 to 2 frying chickens

complete recipe

Place chicken pieces in a fairly deep pan (otherwise marinade dries up).

Bake in oven for 1 hour at 350 degrees.

Baste chicken every 20 minutes; turn if you wish.