

# Peter's Pan

GOURMET VIBES



## AFRICAN DRUMSTICKS

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This is one of the best idea for a chicken-marinade! Also drumstick is one of the cheapest and easiest to work with. Not to mention it can be ready fairly quick with not too much effort.

### Ingredients:

80ml Worcestershire sauce / 4 tablespoon of ketchup / 2 tablespoon of English mustard powder / 1 tablespoon of ground ginger / 1 tablespoon of apricot jam / 1 onion / 8 chicken drumsticks

### Preparation:

Preheat oven to 200°C.

Mix the Worcestershire sauce, ketchup, English mustard powder (or to taste), ground ginger, apricot jam and 1 peeled and finely chopped onion in a shallow dish. Dunk 8 chicken drumsticks in this marinade to coat them all over. Put a tablespoon of garlic oil into a smallish roasting tin or ovenproof dish, in which the drumsticks will fit snugly, and tip the tin about so that the oil more or less covers the base. Arrange the drumsticks in the tin and pour over them any remaining marinade.

Cook for 45 minutes to 1 hour, basting once or twice.



The deeper the dish, the longer the drumsticks will take to colour and cook through. The chicken can be marinated overnight in a covered bowl in the fridge. As a matter of side dish – I love to have it with veggie bulgur. It's very light and fresh goes perfectly well with the marinated meat.