



### Antonio's Recipes Antonio's Balsamic BBO Chicken



Ingredients 1 cup Balsamic vinegar 1 cup Honey 1 cup Brown sugar 1/2 cup Soy sauce 5 sprigs Rosemary 7 cloves Garlic, crushed 8-10 Chicken drumstick and thighs 1/4 cup Sesame seeds, for garnishing 1/2 cup Flat leaf parsley, for garnishing

#### **Directions**

1. Combine the balsamic, honey, brown sugar, soy sauce, garlic and rosemary sprigs into a large mixing bowl. Whip until fully dissolved.

2. Place the marinade into a large re-sealable container, add the chicken, mix and refrigerate for 2 hours.

3. Preheat the oven to 450 degrees or ready the grill.

4. Take the chicken out and place on a parchment lined sheet tray.

5. Bake chicken for 18 minutes or grill until juices run clear.

6. Take the marinade and place into a medium sauce pot. Bring to a boil to eliminate bacteria, reduce to a simmer and cook until thick.

7. Place some of the sauce into a mixing bowl. When the chicken is cooked, place the chicken into the mixing bowl and toss to coat evenly.

8. Plate up and sprinkle with parsley and sesame seeds.



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