

# COOK WITH HONEY

## GOOEY STICKY HONEY AND ORANGE CHICKEN

by Ali Ray – Serves 4

This sweet sticky chicken dish is best eaten with your hands and dribbled down your chin.

### Ingredients – chicken

- 8 large chicken thighs, skin on, bone in.
- 4 heaped tablespoons of honey
- Rapeseed oil
- 1 large orange (if you can't get oranges, use a small carton of orange juice)
- Salt and pepper

### Ingredients – salad

- 1 bag of salad leaves to serve
- White wine vinegar
- Rapeseed oil
- 1 teaspoon of wholegrain mustard
- 1 tsp local honey

### You will need...

\* a barbecue with a lid. This allows the heat to cook the chicken through like an oven and prevents the sugars in the honey from burning with direct contact on the grill.

\* a roasting tray that will fit on your barbecue or an aluminium tray. I use two stacked together to make it stronger and able to withstand the heat better.

### Method

- 1 Put your chicken pieces in the roasting tray or aluminium dish and drizzle generously with oil.
- 2 Now drizzle the honey over the chicken pieces, turning them over and making sure they get coated on all sides.
- 3 Cut one of the oranges in half and squeeze the juice across the chicken pieces. Cut the other half into four segments and squeeze them a little then push them amongst the chicken.
- 4 Crush the four large garlic cloves with the skins on and scatter these across the dish too.
- 5 Season with plenty of coarsely ground black pepper and salt
- 6 Heat your gas barbecue to a medium heat. Keep the lid on to do this. Then place the chicken tray on to the grill and close the lid.
- 7 If you are using charcoal, push the hottest coals to either side and let the tray of chicken sit on the grill over the cooler part in the middle of the barbecue. Put the lid on so that the chicken cooks using the indirect heat method. (In other words the heat is circulating like an oven, rather than just cooking with one hot spot directly under the chicken dish).

Continued on next page



- 8 Check the chicken after about 10 minutes. You want the honey to caramelise, not burn on the outside of the chicken.
- 9 While it is cooking, make a quick salad dressing. In a cup mix 6 tablespoons of oil with 2 tablespoons of white wine vinegar, 1 teaspoon of wholegrain mustard and a teaspoon of honey and a pinch of salt. Mix really, really well. Put to one side.
- 10 Turn the chicken after about 15 minutes, and cook for another 15 minutes. The skin will be sticky, golden and crispy while the meat will be super moist and tender.
- 11 Serve two pieces of chicken per person with a huge handful of green leaves drizzled with your dressing – and serviettes to mop up the juices on your chin.

