



Posted on 3 October 2012

by Mike

Chicken Inasal



Ingredients

2 lbs. chicken

Marinade:

1/2 cup lemon

1/2 tablespoon ground black pepper

1/4 cup brown sugar

3/4 cup lemon grass, chopped

1 cup white vinegar

1 tablespoon salt

2 tablespoons garlic, minced

2 tablespoons ginger, minced

Basting Sauce:

1/2 cup butter, melted

1/4 teaspoon salt

1/4 cup brown sugar

1 teaspoon lemon juice

3 tablespoons annatto oil

Servings

4

Person

Preparation

- 1 In a large bowl, mix salt, pepper, lemon grass, garlic, ginger, brown sugar, vinegar, and lemon juice. Mix well until all the ingredients are evenly distributed.
- 2 Cut the chicken through the middle to make it easier to cook and shorten the cooking time. Rub the chicken down thoroughly to the mixture and marinade for 3 hours.
- 3 For the basting sauce, combine butter, salt, annatto oil, and lemon juice. Set aside.
- 4 Cook in a skillet over medium heat and drizzle a little oil. Cook chicken for 30 minutes on each side while basting adequate amount of butter mixture. Make sure the middle of the chicken has no blood by using a knife.
- 5 Transfer to plate and serve hot. Enjoy!

Cooks Note

Serves 4