

Black Bean Chicken

Saturday, June 25, 2016 7:06 PM

Amount	UOM	Ingredient	Variations
5-6		Chicken Legs, skin removed and cut in half	
1	Tbsp	Black Beans, rehydrated, drained and mashed	
1	Cup	Boiling Water	
1/4	Cup	Low Sodium Soya Sauce	GF Tamari or Coconut Aminos
		Fresh Cracked Pepper	Clubhouse Spicy Pepper Medley
1	Tsp	Sesame Seed Oil (optional)	
1/2	Tsp	Fish Sauce (optional)	
4		Roasted Garlic, mashed	2 raw Garlic Cloves, minced
1/2-1		Jalapeno, chopped fine	
1	Tbsp	Ginger, grated	
2		Green Onion, minced	
2	Tbsp	Cilantro, chopped	Cilantro Stems
		Orange & Lemon Zest (optional)	
		Chopped Red Pepper (optional)	
		Carrot Ribbons (optional)	
		Cilantro Sprigs	

1. Prepare Chicken pieces. Place in Zip Lock bag or plastic container.
2. Place Black Beans in a small bowl. Pour Boiling Water over Black Beans. Set aside to soften for a few minutes.
3. Add marinade ingredients to Chicken: Tamari, Garlic, Ginger, Green Onion, Cilantro and Pepper. Add optional Sesame Seed Oil, Fish Sauce, Jalapeno and Citrus Zest, as desired.
4. Pour off most of the salty liquid from the Black Beans. Mash the Black Beans into a paste. Add Black Beans and remaining soaking liquid into the marinade. Mix well.
5. Refrigerate marinated Chicken at least 30 minutes before using. Can be left overnight or frozen for future use.
6. BBQ chicken or broil in the oven. Can finish at 350 degree oven if needed.