

MARINATED CHICKEN DRUMSTICKS WITH PILAF RICE



15 minutes



30 minutes



Few hours

Ingredients for 4 people

- 8 chicken drumsticks
- 1 red pepper
- To decorate: a few basil leaves

Pilaf rice

- 400g long grain or basmati rice
- 1 white onion, chopped
- 30g unsalted butter
- 1 tablespoon vegetable oil
- 1 small sprig of fresh thyme
- 1 bay leaf
- 600cl water or chicken stock
- salt and pepper

Marinade – Homemade barbecue sauce

- 6 tablespoons tomato juice
- 4 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 2 tablespoons soy sauce
- Salt
- 1/2 teaspoon crushed black pepper
- A dozen fresh basil leaves
- 1 peeled white onion, cut into 8
- 2 cloves garlic, peeled and crushed
- A small piece of ginger, peeled and crushed
- 1 pinch ground cumin (optional)
- 1/2 tablespoon lemon juice (optional)
- A few drops of Worcestershire sauce (optional)
- 1 tablespoon maple syrup (optional)

Preparation equipment

1 Ingenio saute pan

1 Ingenio wok

Ingenio hermetic lid (same diameter as the saute pan)

Ingenio oven-safe lid (optional)



Combine the chicken drumsticks together with all of the ingredients for the barbecue marinade in the saute pan, cover with the hermetic lid and set aside for a few hours in the refrigerator.



Preheat the oven to 180°C. De-seed and slice the pepper. Add the whole in the saucepan. Use the handle to put in the oven. Cook for 30 minutes. Use the detachable handle to place the frying pan in the oven. Cook the beef and potatoes in the oven for around 15 minutes to 180°C.



Heat the oil and butter in the wok. Saute the onions without allowing them to brown. Add the rice, and stir it gently (until slightly translucent). Add the liquid (600cl water or chicken stock), bring to a simmer and allow to cook gently (without covering) for around 20 to 25 minutes.



When the rice is cooked, check that the barbecue chicken is cooked too and serve with the rice and a basil leaf.

Prick the chicken before marinating, to enhance the flavour