
Five Spice Chicken

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 6

1 cup soy sauce

1 cup Burgundy wine

1 cup onion, chopped

1 tablespoon fresh gingerroot, chopped (or 1-1/2 teaspoons ground ginger)

1 1/2 teaspoons ground cinnamon

1 1/2 teaspoons ground allspice

3/4 teaspoon ground cloves

1 tablespoon garlic, crushed

3 to 4 pounds chicken pieces

In a bowl, mix together the soy sauce, Burgundy, onion, ginger, cinnamon, allspice, cloves and garlic. Pour the mixture over the chicken.

Marinate the chicken for at least one hour, preferably overnight.

Bake at 375 degrees for 45 to 60 minutes.

Chicken

Per Serving (excluding unknown items): 158 Calories; 8g Fat (47.3% calories from fat); 13g Protein; 8g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 2784mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.