
Teriyaki Chicken III

Laura Dang - Dayton's Rochester

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

5 to 6 pounds chicken thighs or drumsticks

SAUCE

1 1/2 cups soy sauce

1 1/2 cups sugar

2 tablespoons sherry

2 tablespoons sesame seed oil

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2 to 3 cloves garlic, minced

1 1/2 inch piece fresh ginger, crushed

1 stalk chopped green onion (for garnish) (optional)

3 sprigs parsley (for garnish) (optional)

Preheat the oven to 325 degrees.

Place the chicken in a large non-metal container to marinate.

In a medium bowl, combine the sauce ingredients. Pour over the chicken. Turn the pieces to coat. Cover.

Refrigerate for four hours or overnight.

Transfer the chicken pieces to one large or two small roasting pans.

Bake for one hour, turning the chicken pieces over after 30 minutes, if desired. Garnish with green onion and parsley.

Yield: 5 to 6 servings

Chicken

Per Serving (excluding unknown items): 1465 Calories; 1g Fat (0.4% calories from fat); 23g Protein; 346g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 24699mg Sodium. Exchanges: 10 Vegetable; 20 Other Carbohydrates.