

Indonesian Ginger Chicken:

for about 3 and 1/2 pounds of chicken (wings, skinless drumsticks and boneless/ skinless thighs work well - for breasts - I keep the skin on to keep it more moist and cut them in half):

1/2 c honey

1/3 c soy sauce

4-6 garlic cloves minced

1/4 c fresh ginger minced - or i keep it frozen and grate it with the small size grater

cook the honey, soy sauce, garlic and ginger in a small sauce pan over low heat until the honey is melted
arrange the chicken in a baking pan and pour the sauce over it (skin-side down)
cover the pan and MARINATE OVER NIGHT - great for a make-ahead meal!!

preheat oven 350 degrees

bake chicken about 20 minutes

then turn oven up to 375 degrees - turn chicken pieces over and back about another 20 minutes

can put in some broccoli the last 4-5 minutes and serve it all with rice - makes a great sauce!

Korean marinated tilapia/ (other mild fish)

about 2 pounds of fish filets:

1 T brown sugar

1/3 c soy sauce

2 cloves garlic

1 & 1/2 T minced (or frozen grated) ginger

1 green onion - green parts chopped

1 & 1/2 T roasted sesame seeds

1 & 1/2 T sesame oil

mix up marinade, put fish filets in a shallow baking pan and pour the marinade over the top.

cover and let sit in the fridge about 2 hours ideally - but it's still pretty good if it sits at least 20-30 minutes

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preheat broiler - then broil in oven for about 3 minutes depending on the thickness of fish used (until fish is opaque all the way through)

*can put in some broccoli florets/ asparagus etc. to cook with it and serve over rice