

ELDERBERRY HONEY GLAZED CHICKEN

INGREDIENTS

- 2 tablespoons canola oil
- 1 tablespoon minced garlic
- 3 tablespoons of Elderberry syrup
- 6 tablespoons low-sodium soy sauce
- 5 tablespoons honey
- 3 tablespoons unsalted butter
- Kosher salt and black pepper
- 6 bone-in, skin-on chicken thighs (about 3 pounds)
- Lemon wedges (optional)



PREPARATION

1. Heat the oven to 350 degrees. Heat 1 tablespoon oil in a small saucepan over low heat. Add the garlic cook, stirring occasionally, until softened, 3 minutes. Add the soy sauce, elderberry syrup and honey and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes. (You'll want to cook attentively for this step, as the syrupy mixture can burn if it cooks too long.) Turn off the heat then whisk in the butter. Season with salt and pepper.
2. On an aluminum foil-lined rimmed baking sheet, season the chicken all over with salt and pepper. Add half the glaze and the remaining 1 tablespoon oil and toss the chicken to coat. Arrange in an even layer, skin side up, and roast until golden and cooked through, about 45-60 minutes depending on your oven. Baste the chicken 3-4 times during the roasting with the remaining glaze
3. Drizzle the chicken with the remaining glaze and serve with lemon wedges (optional).