

Slow Cooked Orange Juice Chicken

Kids will especially like this dish. Purchase chicken legs and thighs instead of leg quarters for quicker preparation.



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Method *Makes 12 servings*

1. Cut the leg quarters at the joints and place into the slow cooker.
2. Whisk together the ketchup, orange juice and brown sugar until the sugar dissolves.
3. Whisk in the vinegar, oil, parsley and the Worcestershire sauce.
4. Sprinkle in the garlic salt and pepper and whisk until well combined.
5. Pour the mixture over the chicken and turn the chicken to coat on all sides.
6. Cover the slow cooker and cook on low for 6 hours or until the internal temperature of the chicken reaches 180 degrees F.
7. Remove the chicken to a warmed serving platter and cover to keep warm.
8. Dip out 2 cups of the cooking sauce from the slow cooker and place in a saucepan.
9. Whisk the cornstarch and water together until smooth.
10. Add the mixture to the cooking sauce in the saucepan and place the pan over medium heat.
11. Bring the mixture to a brisk boil.
12. Stirring constantly, cook the mixture for 2 minutes or until thick.
13. Pour the sauce over the chicken before serving.

Ingredients

- 6 chicken leg quarters
- 3/4 cup of ketchup
- 1/2 cup of orange juice
- 1/4 cup brown sugar, packed
- 1/4 cup red wine vinegar
- 1/4 cup of olive oil
- 4 teaspoons fresh parsley, minced
- 2 teaspoons Worcestershire sauce
- 1 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tablespoons + 2 teaspoons of cornstarch
- 1/4 cup of water

