



Another on for our ?100 Asian recipes? gig. This certainly isn?t one you?d find in a UK takeaway. But for a very limited ingredients list this really was good.

Ingredients:-

2 Tbsp of Vegetable Oil
2 Tbsp of Water
2 Tbsp of White Miso
4 Chicken Thighs
4 Tbsp of Brown Sugar
30g of Butter or Margarine
½ a Lime, Juiced
1 Tbsp of Sesame Seeds
Garlic Salt
Onion Salt
Salt & Pepper

Method:-

- (1) Mix the Oil with 1 Tbsp of Miso paste and add the Chicken to coat.
- (2) Season with Salt & Petter and place on a baking tray.
- (3) Place in a pre-heated oven at 180c for 45 minutes.
- (4) Add the Sugar to a pan with 2 Tbsp of Water and dissolve gently.
- (5) Turn up the heat and boil until it forms an amber Caramel.
- (6) Remove the Caramel from the heat.

(7) Gently stir in the remaining Miso and add the Butter / Margarine and Lime juice. And stir aside.

(8) Pour the Caramel over the Chicken and sprinkle with Sesame Seeds.

(9) Cook for a further 5 to 10 minutes.

We served ours with a little stir-fry and some Prawn Crackers. We really enjoyed this as we tend not to have a lot of sweet flavours in our dishes, it was a really nice change.