Black Garlic Marinated Chicken Thighs

Servings: 4

Prep Time: 5 min (plus 4-24 hrs marinating)

Cook Time: 25-30 min

Optional garnish: fresh herbs (parsley, cilantro, scallions)

Instructions

Marinate the Chicken

Place chicken thighs in a bowl or bag. Add Black Garlic Marinade (use about 10% of the meat weight). Mix well to coat evenly. Cover and refrigerate for at least 4 hours or overnight.

Method

	Ingredients	**%**	**Example Batch (g)**
1	BLACK GARLIC MARINADE 3KG PAIL, SJ# MM12632	10.0%	1,000
2	CHICKEN THIGH BONELESS AND SKINLESS	90.0%	9,000
		100%	**10,000**

1	Place chicken thighs in a bowl or bag. Add Marinade (use about 10% of the meat weight). Mix well to coat evenly. Cover and refrigerate for at least 4 hours or overnight.
2	Cook the chicken

Serving Suggestion



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