

Lemon Ginger Chicken

Created by Kristy Regan for the NCNM SIBO Lab

This recipe is adapted from the GAPS Internal Bliss cookbook.

Ingredients:

- 1 T ghee
- 1 T garlic oil
- 2 lbs. chicken drumsticks, wings or thighs
- ½ cup fresh lemon juice
- ½ cup honey
- 2-3 inch piece ginger, grated
- Salt and pepper to taste

1. Pat chicken dry and salt and pepper all surfaces.
2. Heat a heavy bottomed cast iron or other pan with lid at high heat. Once pan is hot, add ghee and garlic oil and combine.
3. When oil is hot, add chicken as a single layer to pan and brown both sides over high or medium high heat (oil should be hot but not smoking/burning).
4. While the meat is browning, mix the lemon juice, honey and grated ginger in a bowl.
5. Pour the mixture over the chicken so that meat is coated.
6. Turn heat to medium low and cover pan for 25-30 minutes, turning chicken once after 15 minutes.
7. Remove lid and turn heat to medium high. Reduce sauce for 5-10 minutes or until sauce thickens. Add salt and pepper as desired.
8. Remove chicken and brown under broiler if desired. Pour sauce over chicken.