



TEST KITCHEN *confidential*

KID
IN THE
KITCHEN
FAMILY-FRIENDLY

FINGER-LICKIN' GLAZED CHICKEN

PHOTOGRAPHY: BRIAN WOODCOCK; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CINDY BARR. PORTRAIT: ANDREW KAHL



MATISSE REID

IS A KID WHO
COOKS FOR
FRIENDS AND
FAMILY. AGE: 12

**Sticky Soy-Hoisin
Chicken Thighs**
TAP FOR RECIPE





“MADE ONE OF THE greatest chicken recipes today. Kids, you will love this dish. You can use boneless chicken thighs if you want, but chicken with the bone does not seem to dry out as quickly. I also thought this recipe would work well with a whole chicken. Make sure you cook extra, as it also makes great leftovers. We had the meat in sandwiches the next day, and it tasted even better the second time around. The first time I made this dish, I started cooking the chicken on the grill and then put it in the oven. This added to the smoky flavor and gave the skin a nice crispy texture—yum! The second time, I only cooked it in the oven and it was just as good. This dish was delish.”

THE VERDICT

KALANI (AGE 15):

He liked the big piece of chicken. These flavors are usually only on bite-sized pieces.

10 out of 10

FRAANZ (AGE 9):

He loved the sticky-sweet sauce and thought the barbecue was a nice choice.

10 out of 10

MATISSE:

I loved the combination of sweet and spicy flavors. I will keep this recipe on hand.

10 out of 10

== GREAT FLAVOR ==

LUCINI TRENTO APPLE BALSAMIC VINEGAR

Balsamic vinegar used to be a finishing touch, much like an expensive olive oil or a flaky sea salt. Lucini, based in Italy, has changed the game, making small-batch vinegars that work well in marinades and vinaigrettes, or simply drizzled over fruit. The apple balsamic has a rich, pressed-apple flavor and no cloying sweetness. Use in a pan sauce for pork, or drizzle over roasted vegetables.

—Hannah Klinger, Assistant Editor



Sticky Soy-Hoisin Chicken Thighs



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TAP TO
CLOSE

Hands-on: 15 min.

Total: 1 hr. 10 min.

These chicken thighs are messy, but that's part of the fun. Serve with steamed sugar snap peas and hot cooked rice tossed with green onions.

- ¼ cup lower-sodium soy sauce
 - 3 tablespoons fresh orange juice
 - 2 tablespoons balsamic vinegar
 - 1½ tablespoons honey
 - 1 tablespoon hoisin sauce
 - 1½ teaspoons chili garlic sauce
 - 6 bone-in chicken thighs (about 2 pounds)
 - 1 teaspoon cornstarch
- Cooking spray

1. Combine first 6 ingredients in a large zip-top plastic bag. Add chicken to bag; seal, and turn to coat. Marinate at room temperature 30 minutes, turning occasionally.

2. Preheat oven to 450°.

3. Remove chicken from bag, reserving marinade. Combine reserved marinade and cornstarch in a medium saucepan, stirring with a whisk. Bring marinade mixture to a boil over medium heat; cook 3 minutes or until mixture thickens, stirring occasionally.

4. Place chicken on a wire rack coated with cooking spray. Place rack on a rimmed baking sheet. Bake at 450° for 15 minutes. Brush ½ cup marinade mixture over chicken. Bake an additional 15 minutes or until chicken is done. Place chicken in a large bowl. Add remaining marinade mixture; toss well to thoroughly coat chicken.

—Recipe by Kate Parham

SERVES 6 (serving size: 1 thigh)

CALORIES 240; FAT 13.3g (sat 3.6g, mono 5.6g, poly 2.7g); **PROTEIN 20.8g; CARB 8.7g;**
FIBER 0.2g; CHOL 120mg; IRON 1.3mg; SODIUM 494mg; CALC 14mg