

Ethiopian Chicken Legs

Makes Approx. 8 Servings

The major livestock that is raised in virtually all regions of Ethiopia are cattle and chickens. With chicken being inexpensive, they are a major ingredient in many dishes. Also, just like cauliflower is a “white” vegetable, chicken is a “white” meat. With the lighter flavor profile, there are many options for flavoring. Berbere works well with chicken to make a very historical and ancient flavor combination.

Amount	Size	Description
3	Lbs.	Chicken Legs
2	Tbl.	Unsalted Butter – Melted
3	Tbl.	Old Norse World Cuisine
3 – 4	Whole	Lemons – Quartered for Serving
-	-	Salt to Taste
1	Tbl.	Tomato Paste
¼	Cup	Milk
2	Cups	Vegetable or Canola Oil
-	-	Salt to taste

1. Preheat oven to 325 degrees.
2. Place aluminum foil in a large casserole dish. Use enough foil so that all the legs can be covered top and bottom.
3. Coat the drumsticks in the melted butter and season with salt.
4. Using half of the Ethiopian Berbere, cover all the chicken legs.
5. Place the legs into the dish on the foil.
6. Sprinkle more Ethiopian Berbere over the legs.
7. Take the foil and bring to the top and cover the legs.
8. Place in the oven and bake for about 90 minutes.
9. Serve with a helping of Bariis Iskukaris.

