

KOREAN CHICKEN

By Dr. Cindy Tazar

This is one of my family's favorite dishes. The flavors are amazing together. The original version of this recipe was named Olympics Chicken, as it was a contest winner for the Seoul Olympics. The original recipe used honey to sweeten the dish, but here a low-glycemic sweetener is used to lower the carbs. I have also doubled the sauce, because we can never get enough of it, plus it provides more to spoon over our cauliflower rice.

Makes 4-6 servings.



INGREDIENTS

- 2 Tbs. cold-pressed, unrefined Sesame Seed Oil
- 8-10 organic chicken thighs, skinless
- 10 garlic cloves, peeled and coarsely chopped
- 1 tsp. crushed red pepper (this is only moderately spicy-add more if you like it spicier or 1/2 tsp. for mild)
- 1/2 cup white vinegar
- 6 Tbs. organic Tamari sauce (gluten-free soy sauce)
- 4-5 Tbs. low glycemic sweetener ******(recipe below)
- 1/2 tsp. ground ginger



DIRECTIONS

In a large stainless steel or cast-iron skillet, heat the oil until moderately hot. Add the chicken thighs, browning on both sides – roughly 10 minutes. May need to brown in two batches. Add garlic and red pepper to pan, sautéing for 2-3 minutes. (Note: the garlic mellows greatly and will not overpower the dish.) In a 2-cup measuring cup, add the vinegar, Tamari, sweetener and ginger, stirring well. Pour over chicken. Cover and reduce heat to a simmer, cooking for 15-20 minutes or until chicken is tender. Turn chicken half-way through cooking to coat in sauce.

If sauce is too thin, remove cover and simmer until desired thickness.

NOTE: Serve with [cauliflower rice](#) and/or sautéed broccoli, cabbage, asparagus and Bok choy. Don't be afraid of 10 cloves of garlic; it will mellow and not overpower the dish.

****** To make sweetener: combine 1 cup erythritol to 1 tsp. powdered stevia (make sure there are no added ingredients, only pure stevia) – available at health food stores. Store the extra for future use.