

ROOIBOS TEA SMOKED CHICKEN WINGS

"I've experimented with all sorts of mediums and flavours, but rooibos really hits the spot. This is my lazy braai cheat dish but I advise you to open the windows if you decide to smoke the chicken for longer than the suggested 10 minutes!".

- * 10-12 chicken wings
- * 2 garlic cloves garlic, finely minced
- * 1 thumb fresh ginger, finely grated
- * 2 Tblsp cumin seeds
- * 1 Tblsp coriander seeds
- * 5 Tblsp apricot jam
- * ½ tsp turmeric
- * 4-6 rooibos teabags
- * Salt and pepper to taste

1 Season the chicken wings with salt and pepper. Place a rack inside a baking tray, tear open the rooibos tea bags and

scatter leaves onto the bottom of the tray. Place the chicken wings on the rack, cover with foil and place the tray on your stove top over a medium heat. The teabags will heat up and start to smoke the chicken but not cook it as this is only to flavour the wings. Smoke the chicken for 7-10 minutes depending on how smoky you want it, then remove from the stove top. In a frying pan over medium heat, add oil then add the chicken wings, skin side down and cook until golden brown. Turn the wings over and repeat. While the chicken is cooking, make the sauce. First, lightly toast the cumin and coriander seeds and then grind them together in a pestle and mortar. In a bowl, add the finely grated ginger along with the minced garlic, apricot jam, and turmeric. Add the crushed seeds and mix until all the ingredients are well combined. Spoon half the mixture over the chicken wings while they are still cooking in the frying pan. Gently heat the remaining half of the sauce and when the chicken is ready, remove from the pan place in a serving bowl and pour over the remainder of the warm sauce. Serve with uPhuthu salad.

