

Mangia Bene, Viva Bene

By FRANK ZEOLI

Oil & Vinegar Chicken

Chicken had to be the most versatile food my grandmother made. With so many ways to prepare it, whether she was breading, frying, baking, or broiling it; it was always delicious. One of my favorites was her **Oil & Vinegar Chicken**. This dish is super easy to make but does take some prep time. She would make it year-round usually baking it but during the summer, she would grill it on the BBQ.

I hope you enjoy it as much as I did.



Prep Time: 4 Hours
Cook Time: 45 Minutes

Ingredients

- 1 tsp granulated garlic
- 1 tsp onion powder
- 1T sugar
- ¼ tsp black pepper
- ½ tsp salt
- ½T dried oregano
- 1T dried parsley
- ½ cup of olive oil
- 1 cup of red wine vinegar
- 6 chicken legs (with skin on)
- 6 chicken thighs (with skin on)

Instructions

- 1.** Pour the red wine vinegar in a mixing bowl. Add the garlic, onion powder, salt, pepper, oregano, and parsley. Using a whisk, give it a good whip. Whisk the mixture slowly adding the olive oil and sugar and mix thoroughly until it comes to a frothy vinaigrette.
- 2.** Wash the chicken. Add the chicken to a zip lock bag or airtight container. *2-gallon bags work great for 12 pieces of chicken.*
- 3.** Add the vinaigrette mixture to the bag covering the chicken. Once sealed, shake the bag so the vinaigrette covers all of the chicken. Put the bag in the refrigerator for a minimum of 4 hours to marinate.

You can do more if you want. *Sometimes my grandmother would keep it in the refrigerator overnight.*

- 4.** Preheat the oven to 375 degrees. Place the chicken in a large baking dish adding all the marinade along with it.
- 5.** Bake uncovered for 45 minutes or until the internal temperature of the chicken is 165 degrees. The chicken should be golden brown and falling off the bone.

Remove from the pan and place it on a platter.

Look for more recipes in the next edition of the SIAMO QUI.

