

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING **PRESENT** **Spicy Drumsticks**



Food image courtesy of bhg.com

Ingredients

- 16 chicken drumsticks
- 1 cup soy sauce
- ¼ cup tomato paste
- 2 tablespoons white vinegar or cider vinegar
- 2 tablespoons barbeque sauce
- 1 cup thick natural yoghurt
- ½ cup mayonnaise
- ¼-½ teaspoon cayenne pepper



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Place drumsticks in a deep large skillet. In a medium bowl, combine barbeque sauce, tomato paste, vinegar, water and soy sauce. Pour over chicken in the skillet.
3. Cover and cook on low heat setting (by slightly closing the **SuperSaver** air regulator) for 3 to 4 hours.
4. Meanwhile, in a small bowl, combine yoghurt, mayonnaise, and cayenne pepper. Cover and chill until ready to serve.
5. Using a slotted spoon, remove drumsticks. Skim fat from cooking juices.
6. Serve the drumsticks alongside the dip to your family and see them enjoy and want more!

Call for Free to Buy. Phone: **0800 722 700**

For more Recipes and Tips:  **Envirofit Kenya** & Website: <http://envirofit.org/supercchef/>