

Chicken to Drumsticks

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Video courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Chicken Producers](#)



Three Generations Working Together

Kelvin & Kayla farm with Kelvin's parents in southern Manitoba. They operate a broiler breeder barn where they raise chickens and roosters, and provide fertilized eggs to other chicken farms across the province. These chickens are essentially the parents of the birds that are raised for meat. The farm provides them a unique opportunity to incorporate their children into the daily work of sorting eggs.

https://youtu.be/87t2CS_KjFg

DID YOU KNOW?

Chicken has exceptional nutritional value and is an excellent source of high-quality, complete protein. Chicken is a meat that is low in saturated fat and provides many other essential nutrients required for optimal health.

Chicken is naturally low in sodium, carbohydrates, and is trans-fat free. Including chicken as part of your healthy diet, paired with other fresh food choices, is a terrific way to help you stay healthy.

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[snapAG: Supply Management](#)

Hoisin Chicken

Ingredients

- 2 lbs or 12 drumsticks 🐔
- 3 Tbsp Hoisin sauce
- 2 Tbsp soy sauce
- 1 Tbsp finely chopped ginger
- 1 tsp sesame oil
- 1 tsp garlic powder
- ½ tsp dried red pepper flakes
- 1 Tbsp sesame seeds for garnish

Notes

This recipe can also be prepared on the BBQ.

Method

1. Preheat oven to 400°F.
2. In a large bowl, whisk together hoisin sauce, soy sauce, sesame oil, chopped ginger, garlic powder and dried pepper flakes. Add the chicken and toss to coat evenly. Set aside to marinate in the fridge for 15 minutes.
3. Place chicken on a baking sheet lined with foil.
4. Bake for 45 minutes, turning halfway, until cooked through. For crispier chicken, broil for 2-3 minutes at the end, taking care not to burn.
5. Top with sesame seeds and serve with stir fried vegetables, if desired.



<https://youtu.be/fYsU2Ro1XA>

Servings **4 - 6** | Total time **1 hour 5 min**

🐔 Grown by Manitoba Farmers