

Golden Drumsticks



Serves	4
Prep time	1 hour
Cook time	30 minutes
Total time	1 hour, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
Occasion	Barbecue

Ingredients

- 8 Chicken drumsticks
- Golden Marinade (refer to basics page)

Directions

1. Combine the chicken and marinade in a large bowl, cover and place in the fridge for at least an hour.
2. Bake the drumsticks in the oven at 180 C for approximately 30 minutes, turning at least once, and cover in foil if it gets to dark.
3. These can also be cooked on the BBQ.

Note

Low Chemical / Failsafe

Be careful not to brown the meat if you are avoiding amines.

Refer to basics page for [Golden Marinade](#) recipe.