



BARBEQUE GLAZED CHICKEN OR PORK

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EACH BATCH SERVES 8.

INGREDIENTS	X1	X2	X3	X4
Olive oil	1/4 cup	1/2 cup	3/4 cup	1 cup
Gluten free ketchup	1/4 cup	1/2 cup	3/4 cup	1 cup
Brown sugar	1/4 cup (or 2 T honey and 1 T molasses)	1/2 cup (or 1/4 cup honey and 2 T molasses)	3/4 cup (6 T honey and 3 T molasses)	1 cup (1/2 cup honey and 1/4 cup)
Gluten free, reduced sodium soy sauce	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Gluten free Worcestershire sauce	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Lemon or lime juice	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Pepper	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Boneless chicken or pork	2 to 2 1/2 pounds	4 to 5 pounds	6 to 7 1/2 pounds	8 to 10 pounds

Put all ingredients into a large zip-closer freezer bag. Seal. Squish the ingredients around in the bag until the sauce is mixed and the meat is coated. Open a small section of the zip-closer and remove as much air as possible. Seal bag, label and freeze.

To cook: Thaw. When thawed grill over medium low heat until meat is cooked through, or bake at 350 for about 1 hour (flipping partway through cooking time) until cooked and juices run clear.