

Slow Cooker Ginger Chicken

2 tablespoons ghee or coconut oil/ghee blend
1 tablespoon fresh grated ginger
4 garlic cloves smashed and chopped
2 whole star anise
2/3 cup Chinese rice wine
2 tablespoon sweet soy sauce
1 teaspoon toasted sesame oil
¼ cup water
4 leg quarters with their skin on

Combine the ginger, garlic, star anise, rice wine, sweet soy sauce, water and sesame oil in a bowl...set aside.

Preheat a large fry pan using a medium high heat. Once up to temperature add your oil and chicken, brown both sides of chicken (this can be messy so be sure to dry your chicken before frying). Once both sides are browned add the liquid mixture and bring to a boil.

Once boiling it is time to transfer all contents to your slow pot/cooker; cook on low for approximately 5 hours or until the meat has pulled from the joints. Enjoy!!!