

Barbecued chicken with coleslaw

Approx. 3 kg chicken on the
bone, e.g. thighs

Barbecue marinade

5 dl tomato ketchup
350 g tomato purée
175 g brown sugar
7 chopped cloves of garlic
10 tbsp barbecue spices
salt and pepper

Baked root vegetables

10 parsley roots or parsnip
1 kg Jerusalem artichokes
4 tbsp oil
salt and pepper

Coleslaw

5 dl A-38, low-fat creme fraiche,
fromage frais or sour cream
75 g mayonnaise
0.4 dl white wine vinegar or
other light vinegar (but not
ordinary pickling vinegar)
1 tbsp Dijon mustard
10 carrots
1 white cabbage, approx. 1 kg



Serving suggestion

Serve this dish with 10 slices of wholemeal bread.
Coleslaw goes well with other fried food, such as
frikadeller.

Alternative ingredients

For the baked root vegetables, consider adding or using
celeriac and potatoes instead.

Skin the chicken pieces. Mix all the ingredients for the marinade and stir in the chicken.
Clean, roughly dice and toss the root vegetables in oil, salt and pepper. Place in an oven-proof dish lined with
baking paper. Place the chicken on top of the root vegetables and cook in the middle of the oven at 180° C for
50-60 mins.

Mix the A-38 with the other ingredients into a dressing. Grate the carrots coarsely and finely chop the cabbage.
Mix well and place in the refrigerator for approx. 1-2 hours before serving.

